

## Waterford Hockey Club Return to Play Guidelines for Coaches

### **COVID-19 Club Safety and Compliance**

- Coaches are to complete the <https://www.sportireland.ie/covid19/course> prior to scheduled training sessions. When completed email certificate to [WHC covid19@gmail.com](mailto:WHC covid19@gmail.com).
- Coaches must plan training sessions making sure all current guidelines are adhered to.
- Coaches/COVID-19 Officer are to ensure COVID-19 Supervisor have access to the training registration list.

### **Travel to/from Club**

- Coaches/COVID-19 Supervisors are to ensure players have been briefed on Guidelines regarding Travel to and from club.

### **Check in (registration) Process/Pre-Training**

- Ensure all players have checked in and sanitised their hands prior to commencing training.
- Have a detailed training plan, communicate this with players to allow them reduce mingling between activities.
- Ensure minimum amount of equipment is used in sessions.
- Communicate pods to players and ensure they remain in those over the coming weeks/months as guidance directs.

### **Facilities**

- Coaches to ensure only approved facilities are utilised in planning activation of session, in agreement with COVID-19 Officer.
- All meetings must take place on pitch, adhering to social distancing, and must take no longer than 5 minutes.
- Dug outs are not to be used during this phase.

### **Pitch (grounds)**

- Ensure that training zones are clearly marked out.
- Ensure all areas needed for the session are marked out prior to beginning of each session to reduce lag time between activities.
- Coaching should only take place where social distancing can be guaranteed.
- A COVID-19 Supervisor must be in attendance for all scheduled training sessions.
- Players should not touch any coaching equipment, (hockey balls, cones, throw down lines, etc.).
- Goalkeepers should only train if they have their own designated (not shared) goalkeeping equipment, this should be sanitised after each session.
- Training for penalty corner is permitted; however, penalty corner equipment (e.g. face masks) cannot be shared.

## **Post Training**

- After training ensure all players leave grounds immediately without using the facilities or mingling.
- Ensure all players sanitise their hands prior to leaving the pitch.
- Ensure, with the COVID-19 Club Supervisor, that equipment used in session is sanitised post session and stored for use by that team only over the coming Phases/Steps.

## **Activity (Training, etc.)**

- Coaches to ensure all activities are carried out in strict adherence to Hockey Ireland guidelines in individual Phases/Steps. See updates as per Hockey Ireland guidance.

## **Social Distancing Behaviours**

- Players must refrain from handshakes and high fives.
- Practice good cough/sneeze etiquette and dispose of any used tissue in a responsible manner.
- Avoid touching your face.
- Remain apart from other players when taking a break.
- If a ball from another zone comes across, send it back with a kick on the ground or use hockey stick, do not pick up with your hands.
- Social distancing is advised when travelling in vehicles to/from training.
- No spitting or clearing of nostrils on pitch or grounds.