



Level 2 Coaching Considerations

In principle we want to avoid all non essential contact, in training and playing environments it is inevitable that there will be points of contact where players come together as it is an essential action of the game (tackling, marking etc) – however, this contact should be limited to those specific times and systems should be put in place to minimise the possibility of contact occurring outside of this. We need to consider how we can mitigate physical contact between teams and within teams.

Considerations:

- Schedule
 - Have timelines that are well structured and communicated to avoid unnecessary lingering or cross contact between groups before event – ensure players are clear on facility plan
 - Identify designated person responsible for contact tracing requirements (complete online document post session)
 - Keep team well organised for entry/exit of turf - maintain distance between team members but this should occur as a group and when most appropriate
 - Be punctual and be ready to exit turf (with all gear collected) before the end of your scheduled slot
 - Hand washing should occur before and after training, depending on what facilities are open this can be completed at home where possible
 - Consider having team hand sanitiser available, or alternatively communicate individual responsibility around this
- Training Plan
 - Consider conducting any relevant team meetings online or send out training/match notes
 - Well thought out planning to ensure compliance with the 10 person gathering restrictions
 - Create a considered training plan that has thought around managing load and time spent in 'hockey position' and other strenuous actions such as max sprinting, given the extended lay off period for players they will be at increased risk of injury
 - Create training plan that balances the use of technical and combative exercises – only allow players to closely interact for a specific purpose

- Equipment
 - Advise players to bring only what is needed (potentially don't need a hockey bag for training) – players should arrive ready to go
 - Store any player gear with an appropriate distance from others but in the same area as your team – as outlined in facility plan
 - No sharing of PCD safety equipment (masks, gloves)
 - Mouthguards – as always these should be worn but not be touched or removed during training, once they are in they stay in
 - No sharing of bibs - ideally, remove need for these by pre planning with allocating colour of tops
 - Individual drink bottles – no sharing and no team bottle holders
 - Keep bottles on turf just off sideline (with other kit as per facility plan) so they can be easily accessed without leaving field
 - Bring bottle full to reduce need for use of communal water taps

- Warm up
 - Maintain distance from each other and avoid areas of high traffic where other teams may congregate – if possible, warm up and cool down should be completed at home or off site
 - Remove exercises and stretches that require physical contact

- On turf
 - Trainings must comply with the restrictions for alert level 2
 - Training groups must be 10 people or less, this includes coaches or other support personnel attached to that group
 - There can be more than one 'bubble' of 10 people training on the same field of play, however strict distancing must remain between bubbles at all times – there is strictly no cross over of players/coaches and this includes off the field, they must train in full separation
 - Where a coach is overseeing more than one training bubble they must remain at clear distance from all bubbles at all times – where possible, use cones or other to form a visible block between the working space of each bubble and the coach
 - Conduct in training team talks from distance and with players maintaining the 1m rule as a minimum - consider using a larger white board to support this or communicating drills electronically pre session
 - Remove traditional team huddles - maintain distance
 - Consistent in messaging around maintaining physical distance – proactive and constant reminders for players
 - Avoid shaking hands, high fives, or celebrating with contact
 - Ensure all team gear is well marked - especially balls
 - Only coach (or designated person) to touch balls, players to use sticks at all times, GK may use pads

- Only coach (or designated person) to handle any cones or other supporting equipment
- Immediately recover any balls that are hit down the opposite end at training (when sharing turf) by communicating with other user - balls to be hit back with stick