FIELD HOCKEY BC

‘First Stage Responsible Return to Play’ Framework

Responsible Return to Play

(COVID-19 Response – June 11, 2020*)

***Amended July 29, 2020**

Purpose

The purpose of this framing document is to support the Provincial Sport Organization (PSO) and the Local Sport Organization (LSO) to develop their own explicit plans to guide the cautious and safe return of field hockey in B.C. during this pandemic.

The Provincial Health Organization's direction is that field hockey's return to play framework consider three vital areas:

1. That activity planning considers a process to open safely
2. That measures are in place designed to keep people safe to avoid further outbreaks
3. That an action plan be in place should a case or an outbreak occur

Guiding Principles

- A ‘First Stage Return to Play’ is defined as a recreational/skills-based return – no game-play consideration is being applied at this time. A ‘First Stage Return to Play’ centers on local community activity - minimizing non-essential travel.
- Provincial Health Organization Guidelines MUST be adhered to at all times.
- Participant Ratios MUST NOT exceed the field facility zonal designations outlined in this document (noting the advancement of such designation post July 29, 2020).
- The approved return to play activity framework (PSO/LSO) MUST be posted online (organizational website) or at the facility where activity is taking place.
- Anyone exhibiting symptoms of COVID-19 should make the responsible choice in advance NOT TO participate in activity sessions.
- Anyone exhibiting COVID-19 symptoms during an activity session WILL NOT be permitted to continue and will be required to follow the appropriate facility exit and activity isolation protocol (10-day minimum).

Governance
Provincial Sport Organization (PSO)

Each Provincial Sport Organization (PSO) is overseen by a Board of Directors that approves policies and is responsible for the oversight of the organization. Members of provincial sport organizations are required to follow and implement such policies. During this pandemic, the adherence to, and implementation of, the approved return to play policies and practices for all members of provincial sport organizations, including clubs, associations, and individual members, will help promote the safety of our communities. These proactive measures can help preserve community health. It is vital we all play our part in the delivery of a responsible return to organized field hockey activity.

Governance
Local Sport Organization (LSO)

Each Local Sport Organization (LSO) is overseen by a Board of Directors that approves policies and is responsible for the oversight of the organization. Members of local sport organizations are required to follow and implement such policies. During this pandemic, the adherence to, and implementation of, the approved return to play policies and practices for all members of local sport organizations will help promote the safety of our communities. These proactive measures can help preserve community health. It is vital we all play our part in the delivery of a responsible return to organized field hockey activity.

Governance
Permissions Protocol at the PSO level

- The Society (Field Hockey BC) Board of Directors will be required to sign-off on the PSO Return to Play framework that is to be followed by both the PSO and member LSO's.
- The Field Hockey BC Board of Directors should understand and be comfortable with the level of risk the organization is taking on and approve the adoption of their organization's sport-specific Return to Play framework before implementation begins.
- Implementation of the Return to Play framework should be monitored and updated as necessary when circumstances and/or provincial guidelines change. Board members are ultimately liable for the decisions and work of the organization.

Governance
Permissions Protocol at the LSO level

- Each LSO Board of Directors will be required to sign-off on an LSO Return to Play framework that meets all expectations of the approved PSO Return to Play framework.
- Each LSO is required to acknowledge the risks associated with a return to play and their agreement to follow the provincial sport organization's framework.
- The LSO Board of Directors should understand and be comfortable with the level of risk the organization is taking on and approve the adoption of their organization's sport-specific Return to Play framework before implementation begins.
- Implementation of the Return to Play framework should be monitored and updated as necessary when circumstances and/or provincial guidelines change. LSO Board members are ultimately liable for the decisions and work of the organization.

Risk Management

- A PSO and/or LSO Return to Play framework must be planned around assessing the risks and developing sport specific protocols to take all necessary precautions to mitigate the risk of an individual being exposed to or infected with COVID-19.
- The Return to Play framework developed by the PSO and/or LSO should be based on a risk assessment and analysis that considers the risks presented by the type of sport activities and the place where the sport activities occur, who is involved, and what measures can be implemented.
- Participants will be asked to sign a COVID-19 participant attestation form prior to each activity session (see Appendix A for an example)

Definition
“Organized Sport”

For the purposes of this framework document “Organized Sport” is defined as any organized sport activity that involves a number of people doing a physical activity together in a structured way and is facilitated by a Provincial Sport Organization (PSO) or Local Sport Organization (LSO).

Required Pre-Activity Health Screening

- It is the responsibility of all adult participants and the responsibility of all parents and/or guardians responsible for those under the age of 19, to conduct a health screening assessment as to the suitability to return to play (take part in activity)
- Anyone exhibiting any of the following symptoms MUST NOT attend or take part in any return to play activity and it is further recommended that a referral to a health care provider be made:
  - COVID-19-like symptoms
  - Common cold symptoms
  - Influenza (flu) symptoms
  - Symptoms of any other infectious respiratory disease

Reminder to review Public Health Guidelines

- Hand hygiene/washing
- Cough/sneezing etiquette
- Sharing of items/equipment
- Staying home when not well
- Minimizing physical contact

https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus

COVID-19 Attestation Completion

- It is the responsibility of all adult participants and the responsibility of all Parents and/or Guardians responsible for those under the age of 19, to complete a COVID-19 Attestation form.
- Participation requires the prior completion and submission of the necessary attestation form and completion and submission is required ahead of **every** individual activity session.
- Attestation form completion requires an appropriate signature(s).
- Should attestation completion be carried out via electronic means, an appropriate signature rather than check box is required.
- An Attestation form template is included in Appendix A.

Park, Field, and Participant Management Plan (First Stage Return)

- **Park Access Plan**
  - No Access to Changing Room Facilities
  - Washroom Facility Access only where provisions apply
- **Field Access Plan**
  - No Access to Field Infrastructure (team benches/technical areas)
  - No Access to Spectator Seating
- **Participant Personal Safety Plan**

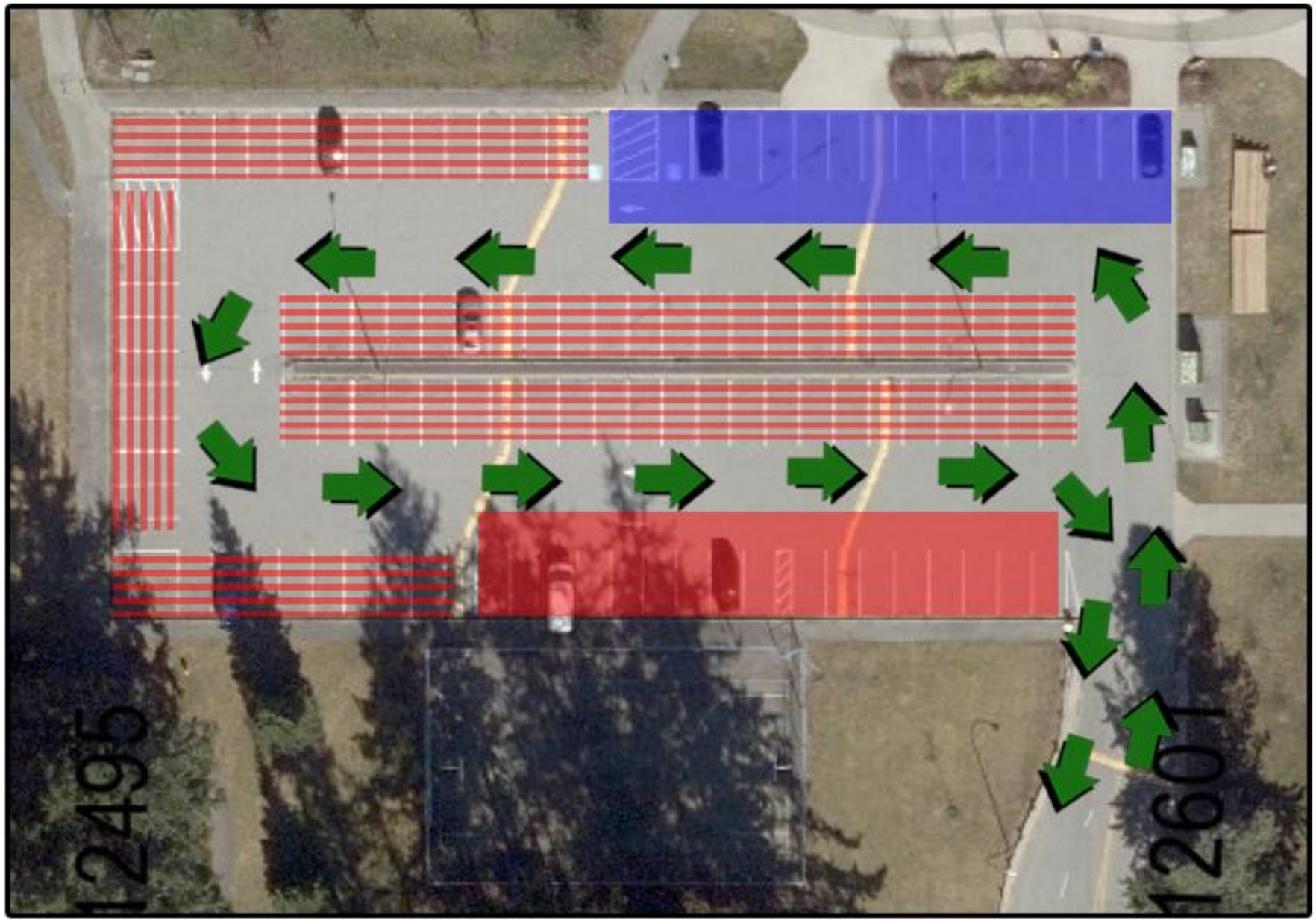
Park Access Example – Parking Lot Management

Drop-off Area

Pick-up Area

No parking allowed

Traffic Direction



Field Access Example – Field of Play Entry and Exit

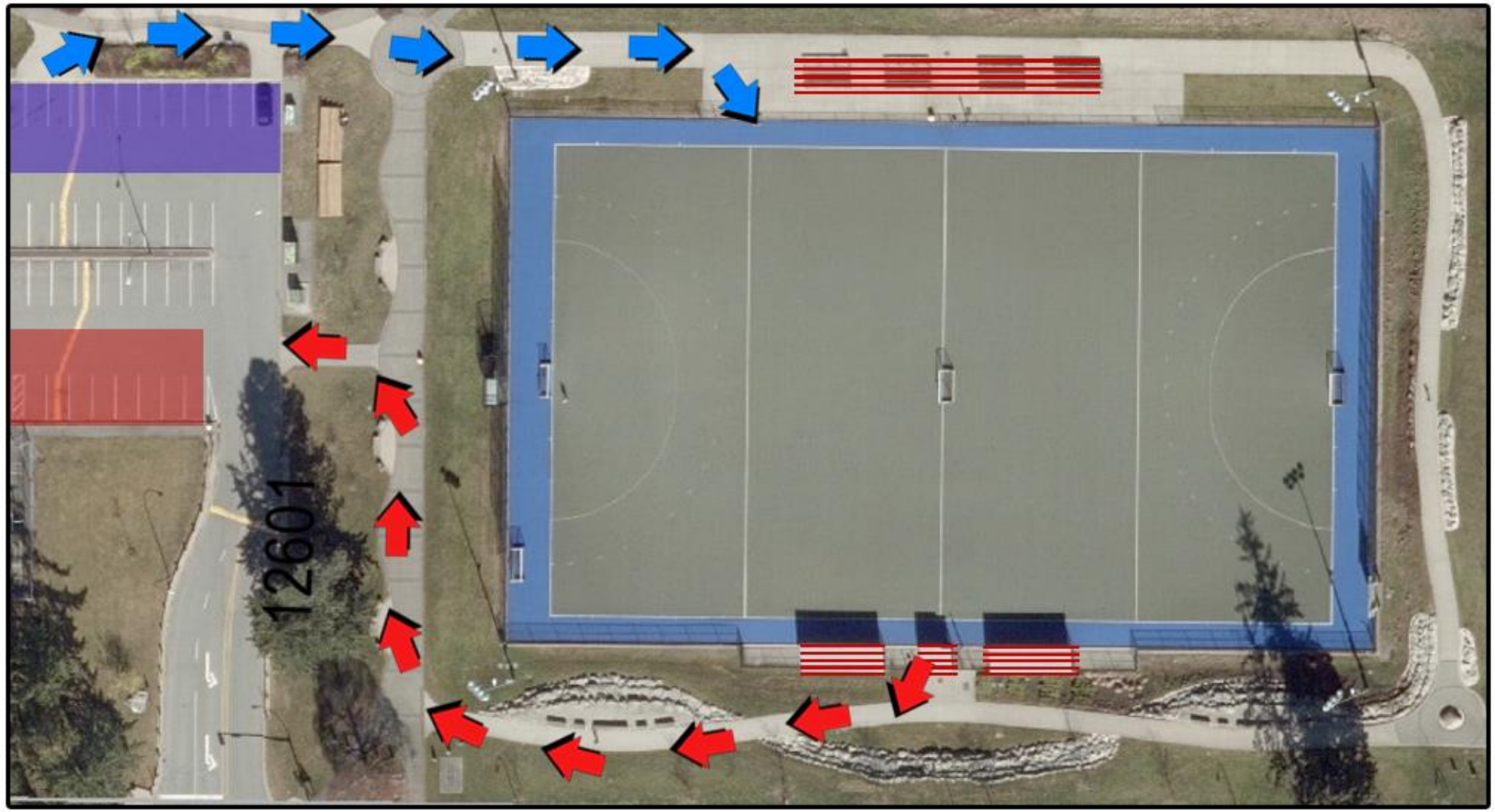
Entrance Path

Exit Path

Drop-off Area

Pick-up Area

Team Benches, Technical Area and Stands will be closed



Participant Personal Safety	
1	Come dressed ready to play (stick, shin pads, mouthguard and running/turf shoes); other equipment such as a glove and/or a mask are also permitted
2	Bring your own bottle of water with enough to last for the duration of the activity
3	Washroom access will be limited to emergencies only (unless washroom access and cleaning is constantly monitored)
4	Coaches and Safety Officers will designate where each athlete will place their personal belongings
5	Use the designated entrance and exit; follow the drop-off and pick-up protocol
6	Only athletes, coaches and safety officers are allowed within the perimeter of the field of play; spectators regrettably are not welcomed for Phase One implementation
7	Please, be aware that the parking lot will be used for drop-offs and pick-ups only; parking is only permitted for coaches and safety officers

CHECKLISTS

- Head Coach/Designated Leader
- Safety Officer
- Athletes

Head Coach Checklist		
1	On Site Prep Meeting	Conduct a on site planning meeting prior to arrival of athletes involving all coaches and safety officers that will be participating in the session.
2	Review Activity Plan	Review the activity plan against the approved permissions protocol for field hockey's phase one responsible return to play.
3	Designated Person	Assign a "Coach" or "Safety Officer" to be designated as first point of contact. This designated person is responsible for overall site management and for the tracking of attendance and 10-day minimum isolation period (as appropriate)
4	Secure Confined Spaces	Ensure all benches and TD areas are taped off as "No Entry" to avoid confined spaces.
5	Athlete Equipment Assignment	Ensure "Athlete Equipment" areas are set up and each athlete is assigned a spot, 2 meters or more from each other.

Head Coach Checklist		
6	Drill Layout	Lay out markers indicating locations for athletes for drill stations using recommended flat or spot markers.
7	Distribution of Ball	Distribute balls – to appropriate stations using stick only.
8	Collection and cleaning Equipment	All balls, cones, and markers to be collected and put into a 5-gallon pail of soap and water or can be sprayed down with soap and water in a designated area. Let stand for 5 minutes before using again or packing up equipment. Use of gloves recommended.
9	Equipment Transportation	Recommend having a lid for pail when transporting equipment to training.
10	First Aid	In the event first aid is to be administered all persons attending to an athlete must first put on BOTH a mask and gloves.

Safety Officer Checklist		
1	Planning Meeting	All Safety Officers to attend Head Coaches planning meeting prior to athlete's arrival to facility.
2	Social Distancing	Key function of Safety Officer is to manage the facility and training environment so that athletes, coaches, and parents, all adhere to social distancing requirements.
3	High Viz vest or jacket	All Safety Officers to wear a highly visible vest or jacket at all times, in order they are easily recognized when arriving at facility and during the training session on the pitch.
4	Facility Entry Protocol	Safety Officers monitor participant arrival at facility and direct participants to the entry point of the designated field of play, all whilst maintaining social distancing requirements.
5	During Activity/Training	When all participants step onto the designated field of play, Safety Officers are to monitor the warm-up, drill activities, and water breaks, to ensure that social distancing is maintained.
6	Facility Exit Protocol	At the end of the session, Safety Officers are to monitor that all participants use the appropriate exit and maintain social spacing when leaving the turf and parking area.

Athlete Checklist

1	Social Distancing	At all times, an athlete is responsible for following a social distancing requirement of at least 2 meters. This includes but is not limited to facility entry, exit, and all organized activity.
2	Personal Equipment	No sharing of personal equipment - Water bottles, Sticks, gloves, shin pads, mouthguard, or clothing.
3	Public Health	Follow appropriate public health guidelines when coughing, sneezing and no spitting.

Emergency Action Plan (EAP)

The PSO and LSO will be required to follow both a Venue EAP (facility) and a COVID-19 EAP (activity).

- Venue EAP (to be followed in the normal way)
- COVID-19 Individual and/or Group EAP (illness/minor injury requiring the participant to leave the venue)
  - Off-Site Non-Spectator Environment

    (Parent/Guardian not at the Venue)
  - On-Site Spectator Environment

    (Parent/Guardian at the Venue)

See Appendix B for detail concerning the development of an EAP

Emergency Response – First Aid

(viaSport Return to Sport Guideline)

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

A guide for employers and Occupational First Aid Attendants:

https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en

First aid protocols for an unresponsive person during COVID-19:

https://www.redcross.ca/training-andcertification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-personduring-covid-19

Emergency Response – Outbreak Plan

(viaSport Return to Sport Guideline)

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak.

BC Hotel Association Guidelines: https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-caresystem/office-of-the-provincial-health-officer/covid-19/covid-19-pho-guidance-hotel-sector.pdf

An “outbreak” is two or more cases; a “case” is a single case of COVID-19.
1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement your illness policy and advise individuals to: • self-isolate • monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite. • use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed. o Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency. o Individuals can learn more about how to manage their illness here: http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-youare-sick
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

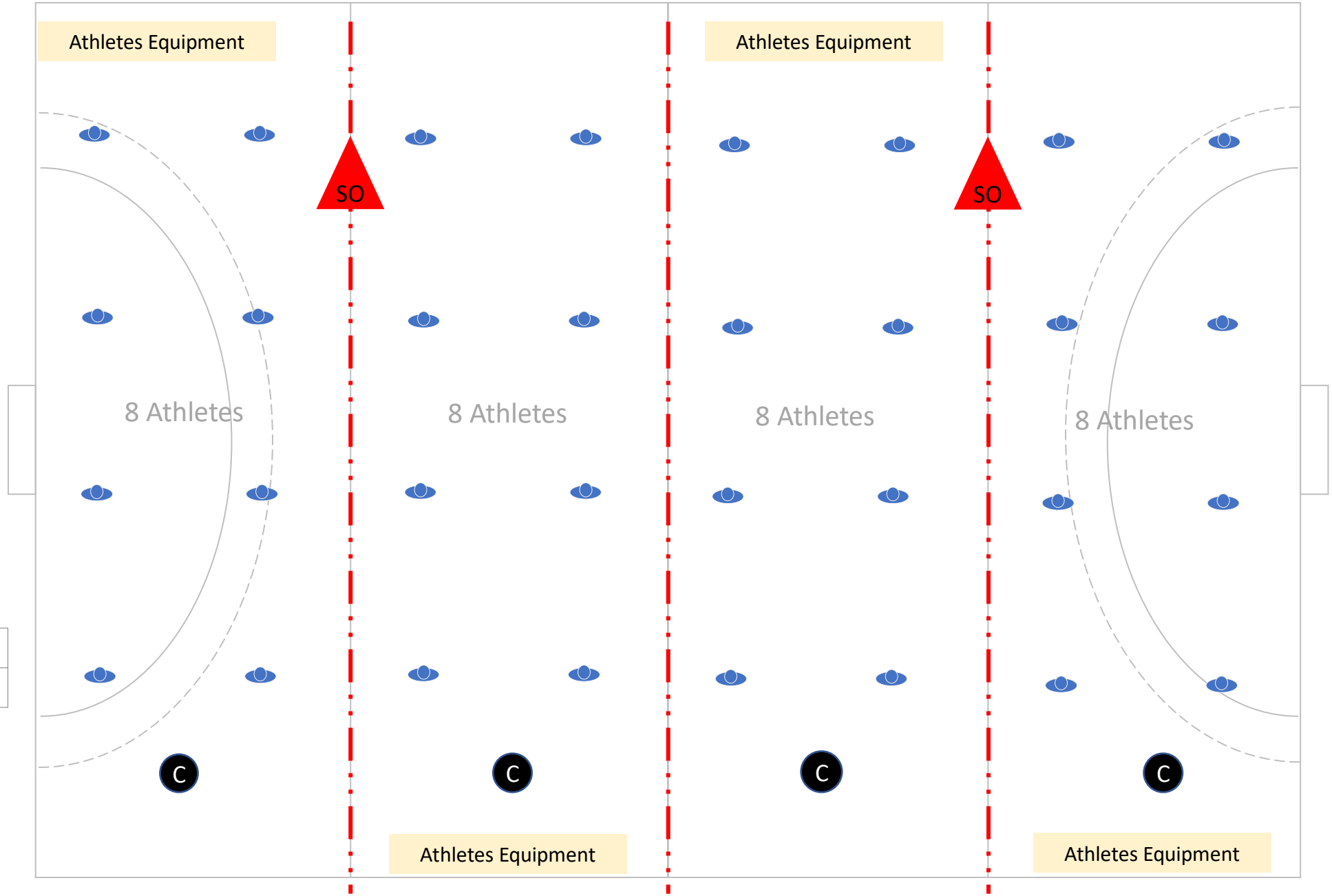
For more information on cleaning and disinfecting: http://www.bccdc.ca/Health-InfoSite/Documents/CleaningDisinfecting_PublicSettings.pdf
Regional Health Authorities: https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-caresystem/partners/health-authorities/regional-health-authorities

Activity Planning

- **Full Field Zonal Designations**
  - 4 Zone Configuration
  - 3 Zone Configuration
  - 2 Zone Configuration
- **Zonal Activity Examples that maintain Social Distancing**
- **Athlete Equipment Area Designation**

4 Zones - Space and Resource Management – Advancement of Stage One Guidelines – Permissible from July 29, 2020

4	Total Pods
8:1	Athlete to Coach ratio
SO	2 Safety Officers
C	4 Coaches
	32 Athletes
	38 Total on pitch



Pitch Dimensions

91.4 x 55.0 meters	5,027 sq. meters
100 x 60 yds	6,000 sq. yds

4 Zones (Target Audience – Fundamentals/Learn to Train U6 – U14) Space and Resource Management

4	Total Pods
4:1	Athlete to Coach ratio

SO 4 Safety Officers

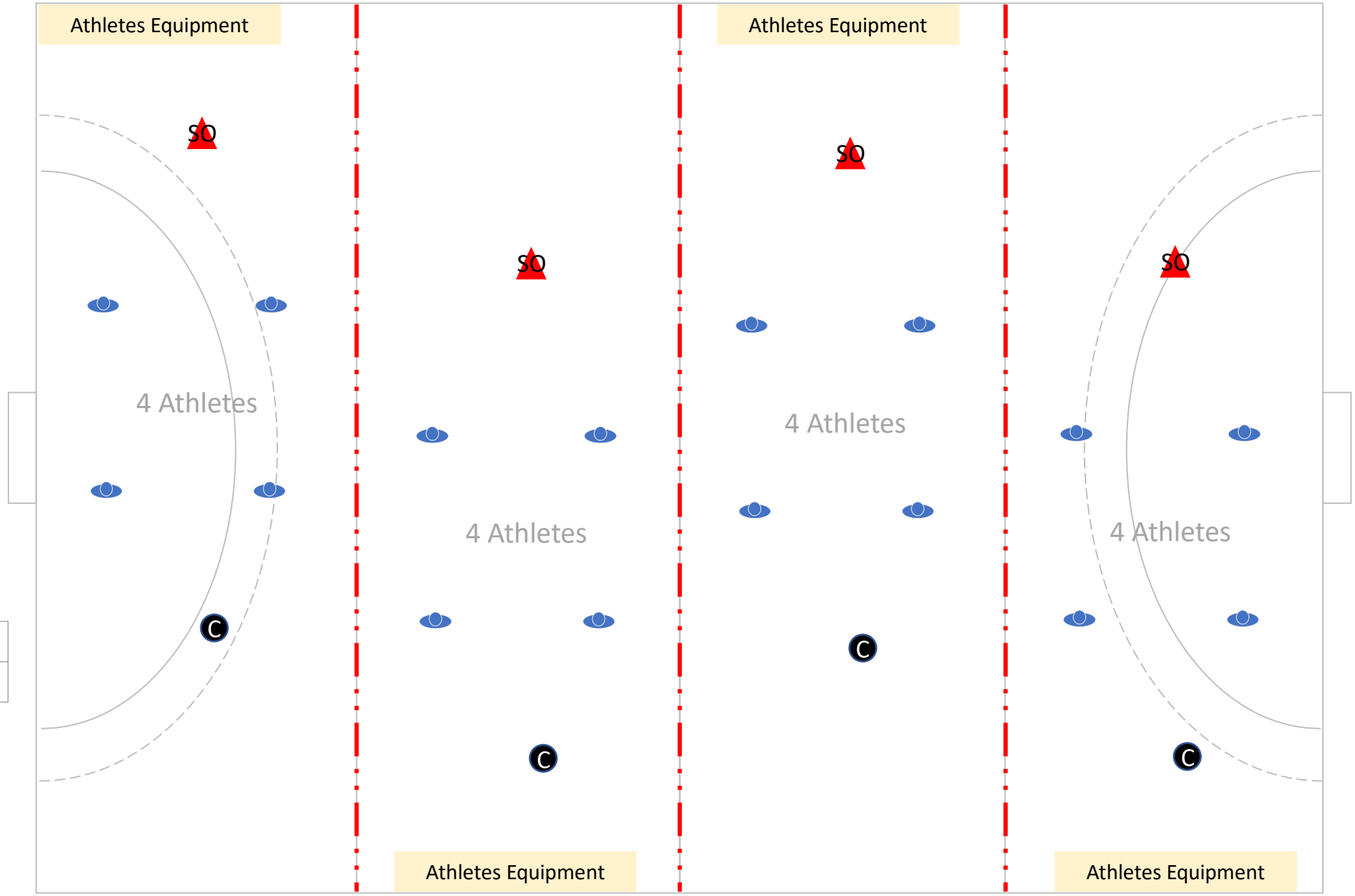
C 4 Coaches

16 Athletes

24 Total on pitch

Pitch Dimensions

91.4 x 55.0 meters	5,027 sq. meters
100 x 60 yds	6,000 sq. yds



3 Zones (Target Audience – Train to Compete U16 – U18) Space and Resource Management

3	Total Pods
6:1	Athlete to Coach ratio

SO 3 Safety Officers

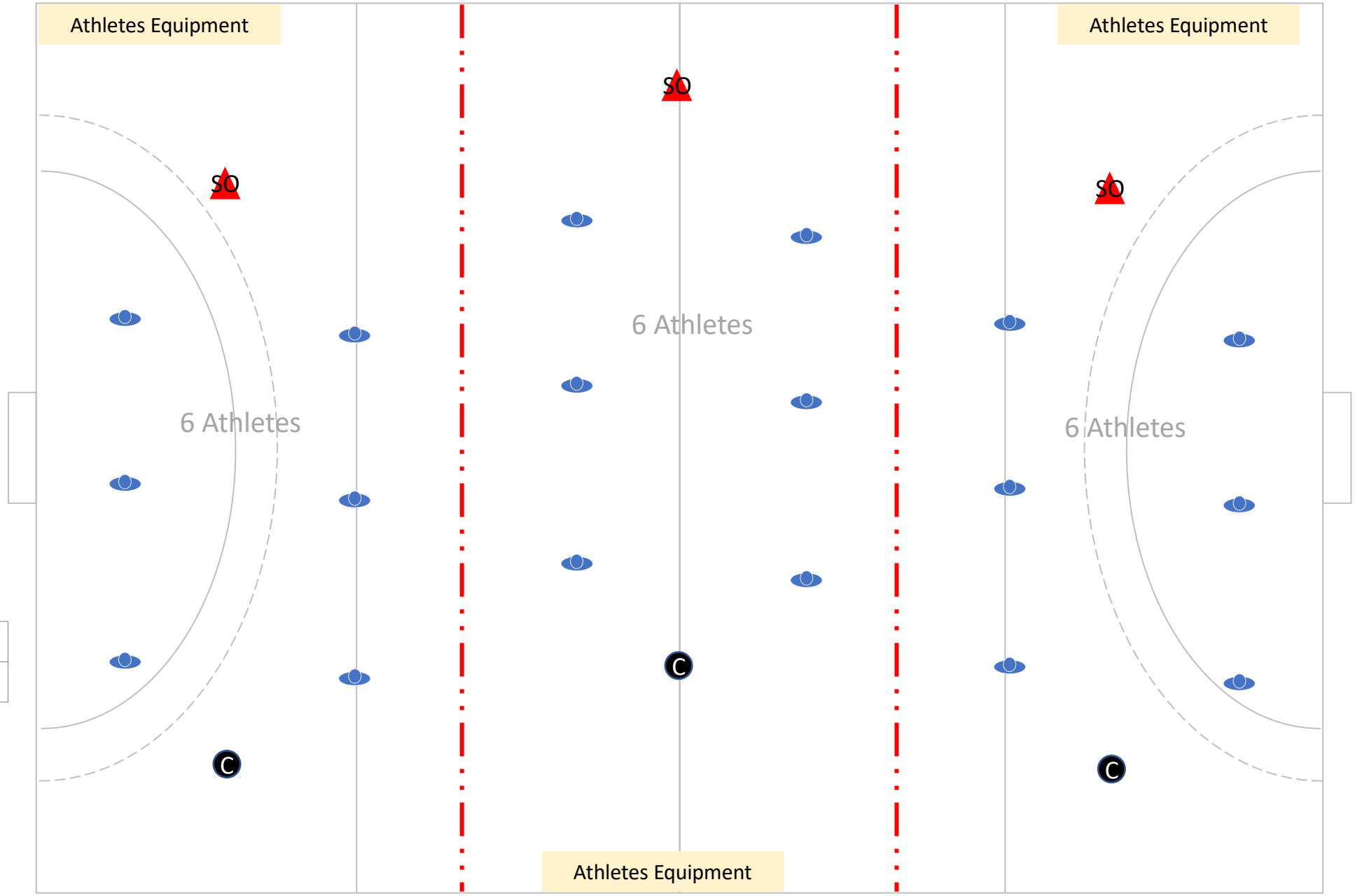
C 3 Coaches

18 Athletes

24 Total on pitch

Pitch Dimensions

91.4 x 55.0 meters	5,027 sq. meters
100 x 60 yds	6,000 sq. yds



2 Zones (Target Audience – Active for Life – 19+) Space and Resource Management

2	Total Pods
8:1	Athlete to Coach ratio

SO 2 Safety Officer2

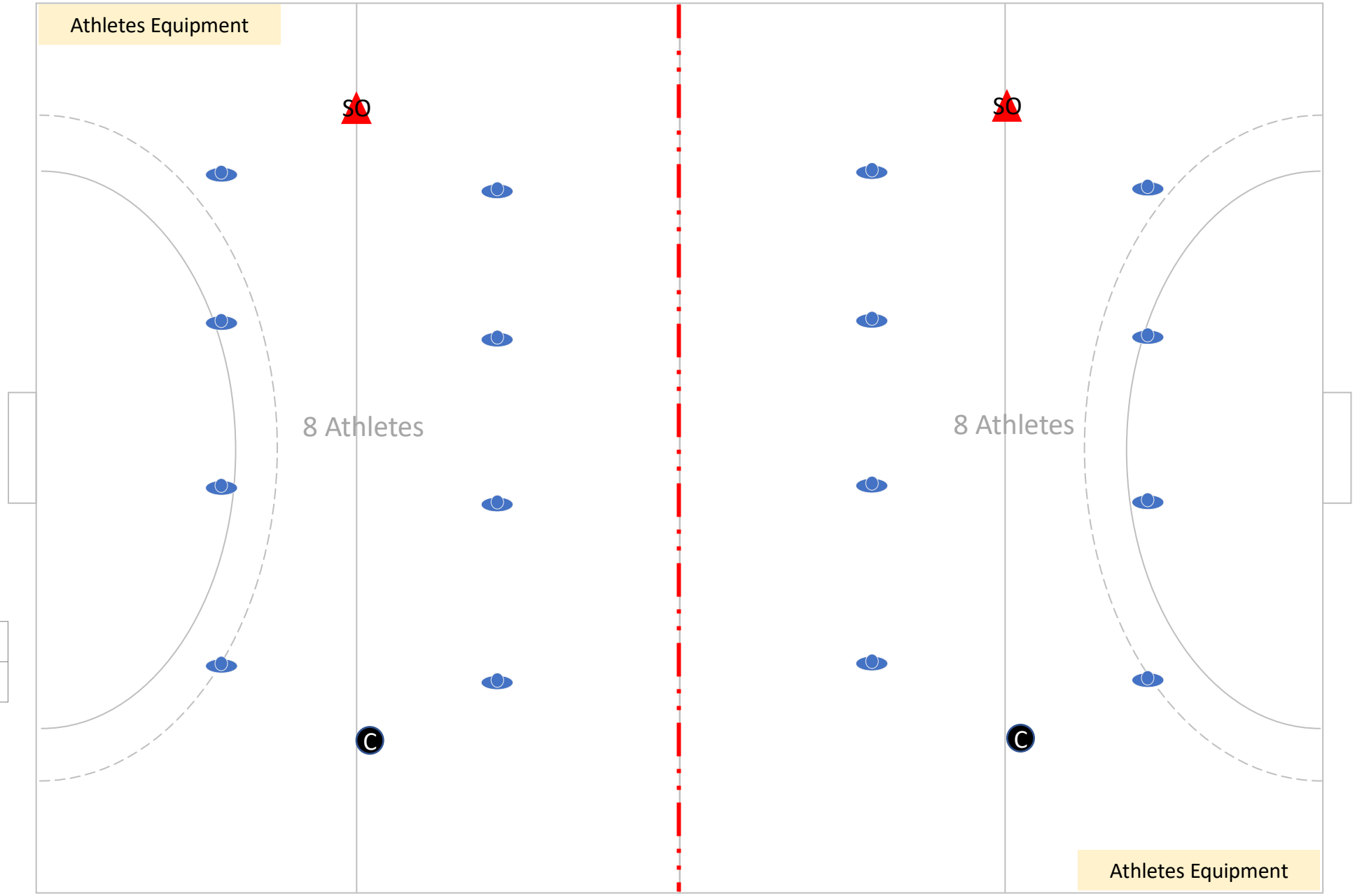
C 2 Coaches

16 Athletes

20 Total on pitch

Pitch Dimensions

91.4 x 55.0 meters	5,027 sq. meters
100 x 60 yds	6,000 sq. yds

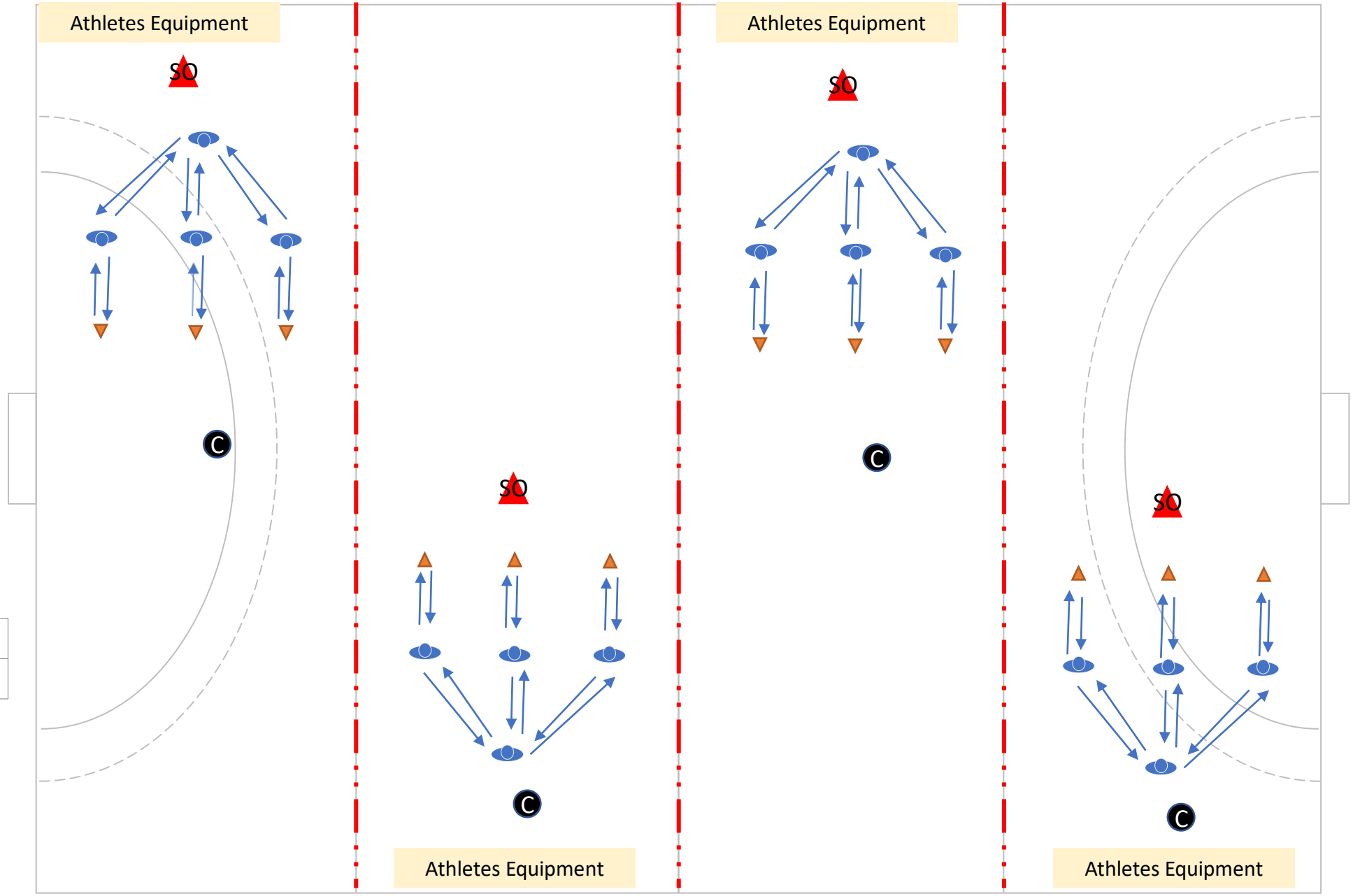


4 Zone Physical Distancing Examples - Passing and Dribbling Skill Development

4	Total Pods
4:1	Athlete to Coach ratio
SO	4 Safety Officers
C	4 Coaches
	16 Athletes
	24 Total on pitch

Pitch Dimensions

91.4 x 55.0 meters	5,027 sq. meters
100 x 60 yds	6,000 sq. yds



4 Zone Physical Distancing Examples - Passing and Dribbling Skill Development

4 Total Pods

4:1 Athlete to Coach ratio

SO 4 Safety Officers

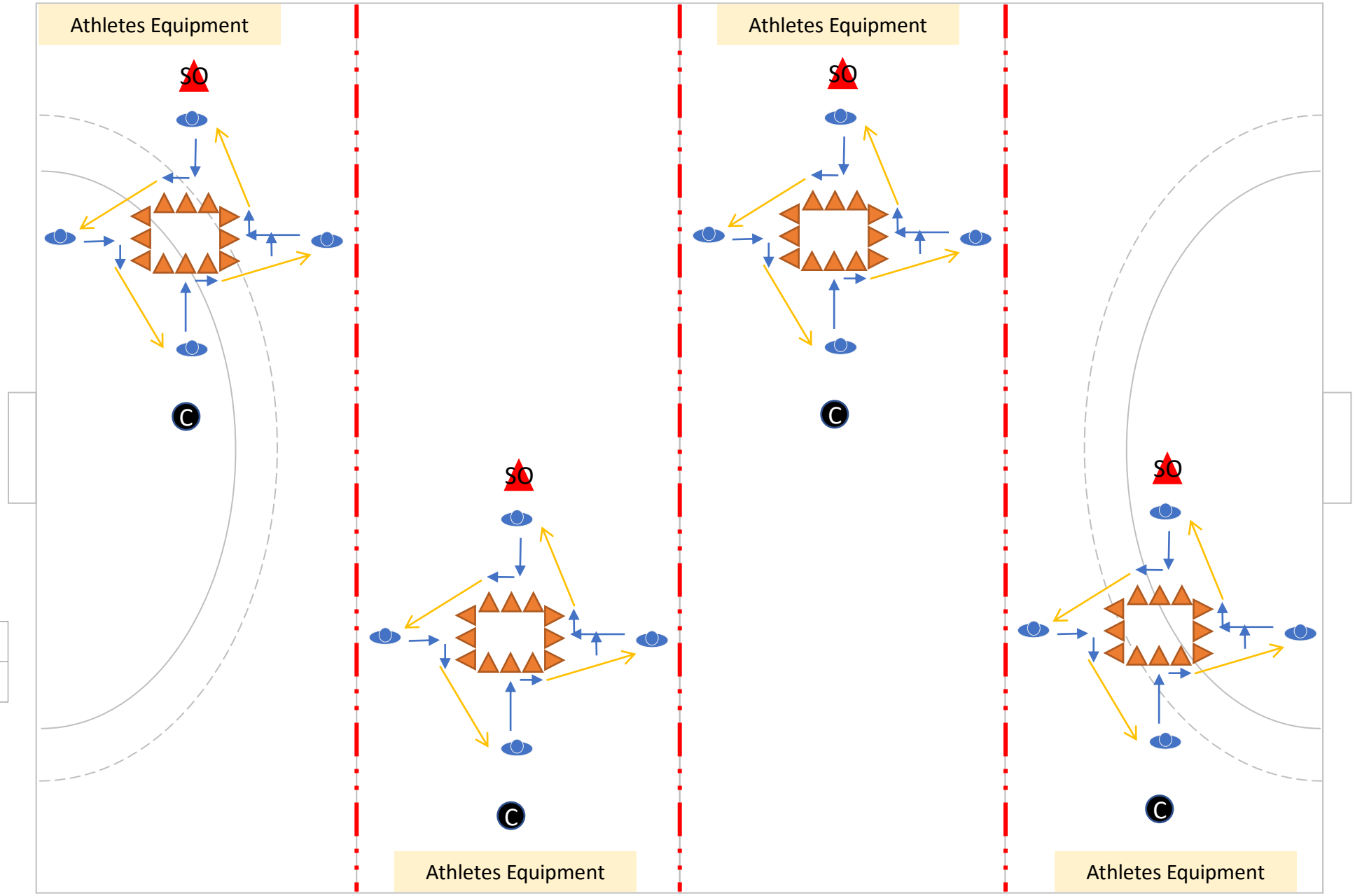
C 4 Coaches

16 Athletes

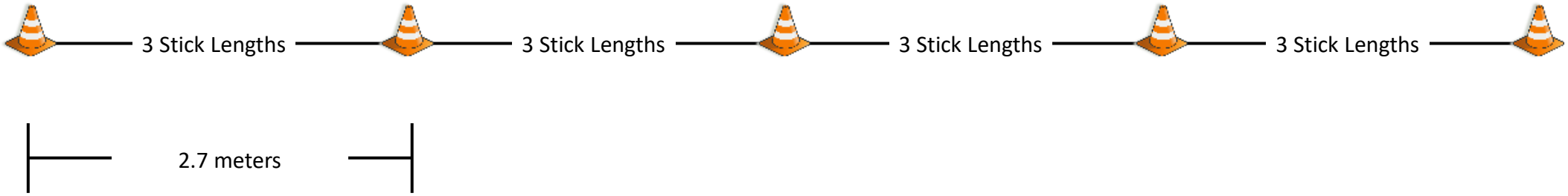
24 Total on pitch

Pitch Dimensions

91.4 x 55.0 meters	5,027 sq. meters
100 x 60 yds	6,000 sq. yds



Athlete Equipment Area



Athlete Equipment Area		
1	Equipment Area	Stations to be set up 3 stick lengths apart for each athlete's personal equipment and water station.
2	3 Stick Lengths Apart	36" x 3 = 108" (2.7 meters covers the distancing)

Activity Guidelines

First Stage Return - Fundamental Movement and Technical Skills Library

Activity Guidelines		
1	Activity Design	All activities in Phase One are to be based on “Fundamental Movement” and/or “Technical Skill Acquisition” and tailored to meet the most appropriate LTAD stage of development and skill level.
2	Examples	Passing, receiving, ball control and agility drills, all can be designed and trained whilst maintaining the 2-metre physical distancing requirement (Refer to examples)

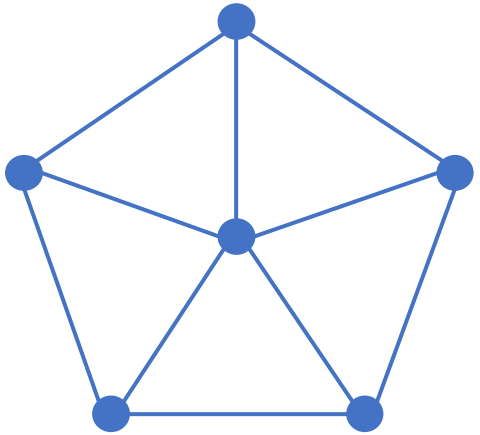
Activity Planning Example

(Important to note that Direct Activity duration is recommended to last 40-60 mins in order to ensure sufficient time remains to comply with facility entry and exit protocols)

Standard Activity Session – 1.5 hours	
15 min	Facility Entry Protocol – leader & athlete arrival to site
10 min	Physical & Fun Warm-Up
20 min	Activity – Skills and Drills
20 min	Activity – Skills and Drills
10 min	Cool Down, Debrief & Reminders
15 min	Facility Exit Protocol – leader & athlete departure from site

Activity Planning Reminder

Physical Distancing



Physical Distancing **REMINDER**:
All athletes and drill markers to be
3 stick lengths
in all directions all of the time

Activity Planning

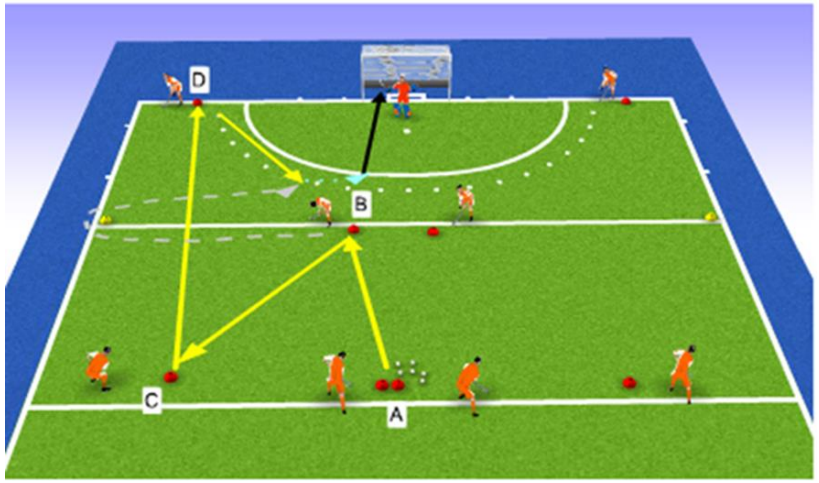
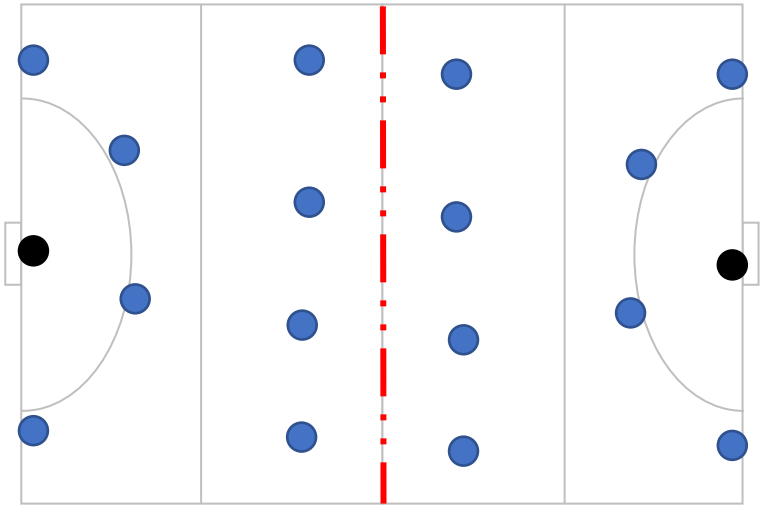
Lesson Plan Examples

The following lesson plan examples introduce just some of the concepts that may be used whilst adhering to the necessary safety protocols.

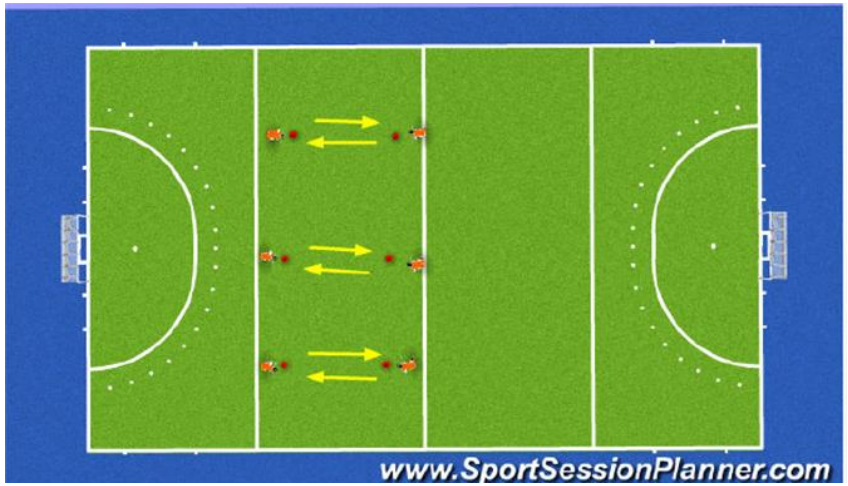
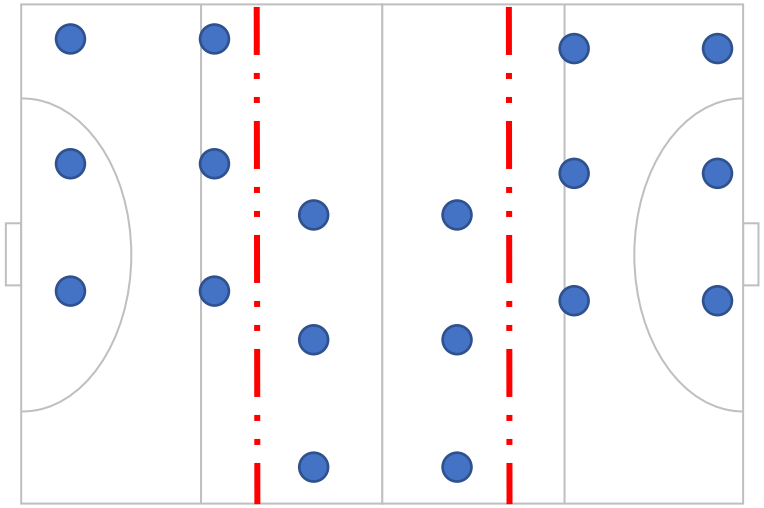
Examples here include:

Passing Skills
Receiving Skills
Ball Control Skills
Fundamental Movement Skills

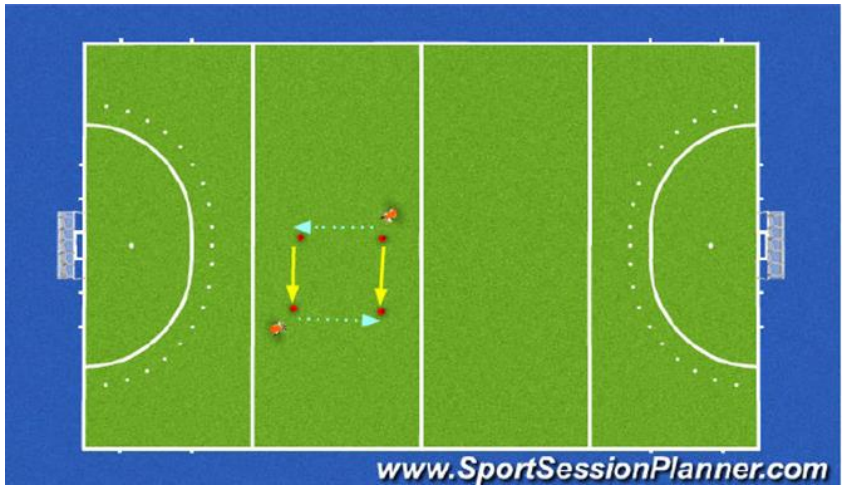
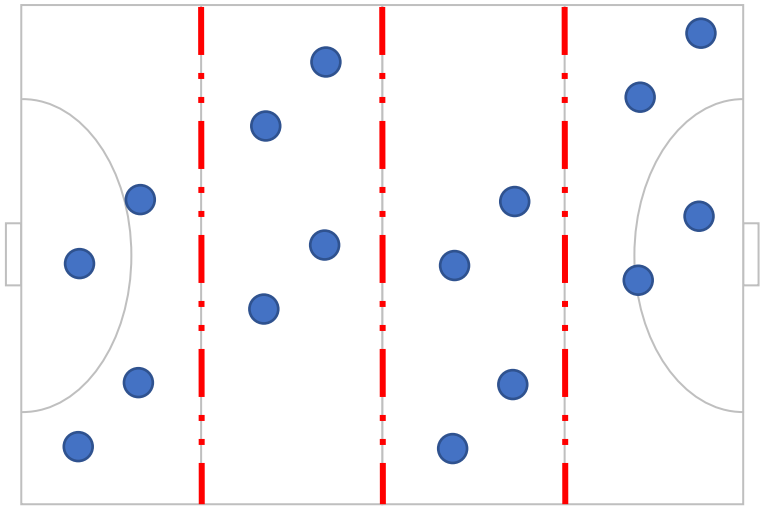
Passing and Receiving – skills warm-up

Time	Organization	Description
Within a 20 min block	 	Warm Up passing (15 mins) Passing Routine with finish @ goal. (Mirror sides L/R) A pushes to B, B pushes to C. B leads outside, Long flat pass from C to D. B leads inside and receives from D, enters circle and scores. rotation = ACDBA (scorer returns) Drill orientation – Drills to be offset

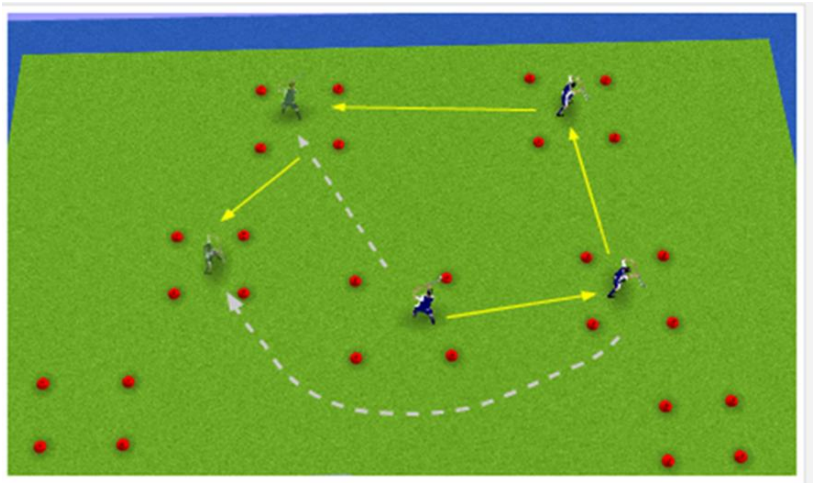
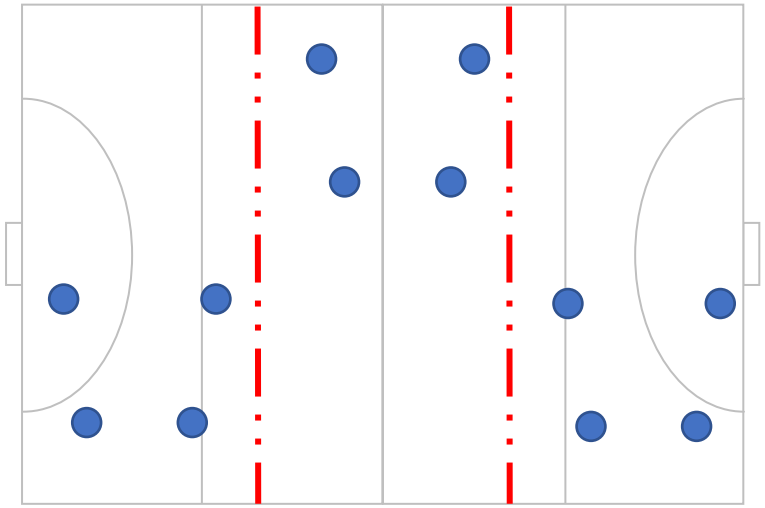
Passing

Time	Organization	Description
Within a 20 min block	 	Drills can be modified based on age group (i) push pass (ii) indoor sweep pass (hands apart) (iii) lifted pass (iv) sweep hit (v)reverse sweep hit (vi) forehand hit Drill orientation – Drills to be offset

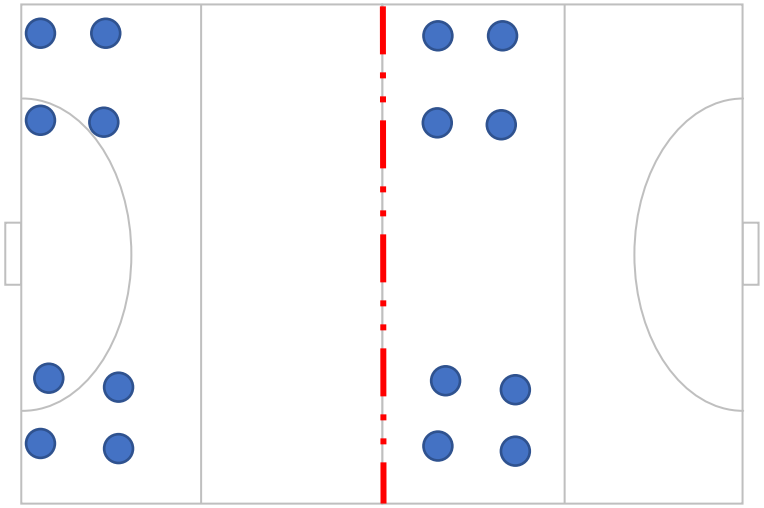
Passing

Time	Organization	Description
Within a 20 min block	 	1 Passes to P2 and starts to run around the next cone -P2 Dribbles around the cone and passes to P1 -P1 receives Upright forehand and passes to P3 -P3 receives + send pass to P4 -P4 receives and dribbles to start location of P1 Rotation 1>2>3>4>1 *Repeat in mirror format so P1 has a forehand reception Drill orientation – Drills to be offset

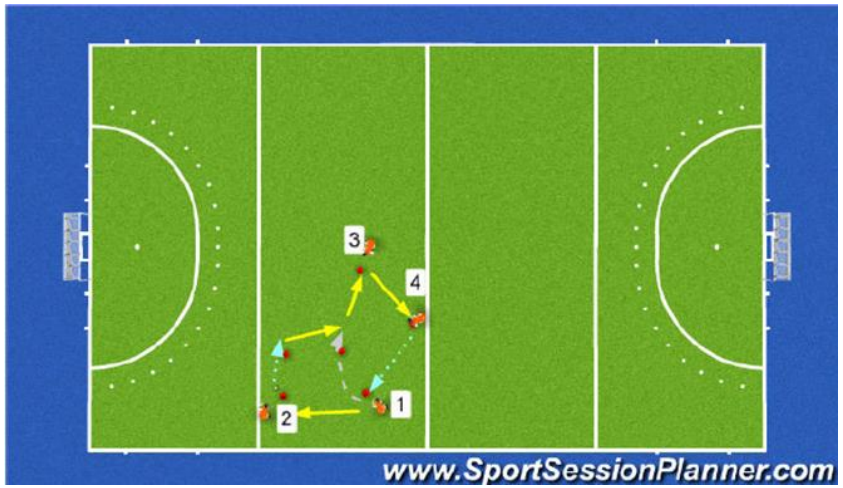
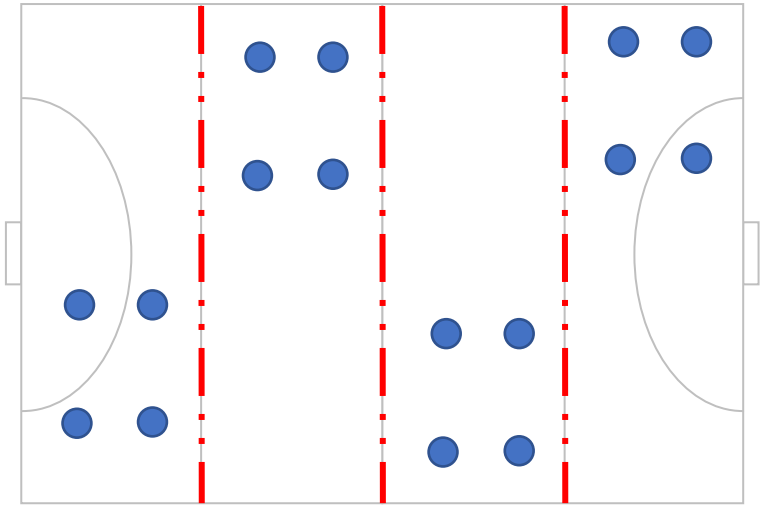
Passing and Receiving

Time	Organization	Description
Within a 20 min block	 	**Structure:** Each player starts by choosing a block to stand in. Player may only move (and has to move) to another block once they have made a pass. Point is earned once all players in their team have made a pass. You may not pass of run through a square. Space the squares at least 2m apart. Duplicate the field so 2 teams can play against one another. Only 1 person per square. **Pointers:** Tactical awareness is needed to anticipate and prescan the next pass so that they place themselves in an available block. Pace of the ball will enable them to get points faster. Open received to release the ball as fast as possible. **Variations:** Add obstacles so the pass has to be lifted. Restrict passing techniques. Restrict amount of touches in the square before releasing the ball. Drill orientation – Drills to be offset

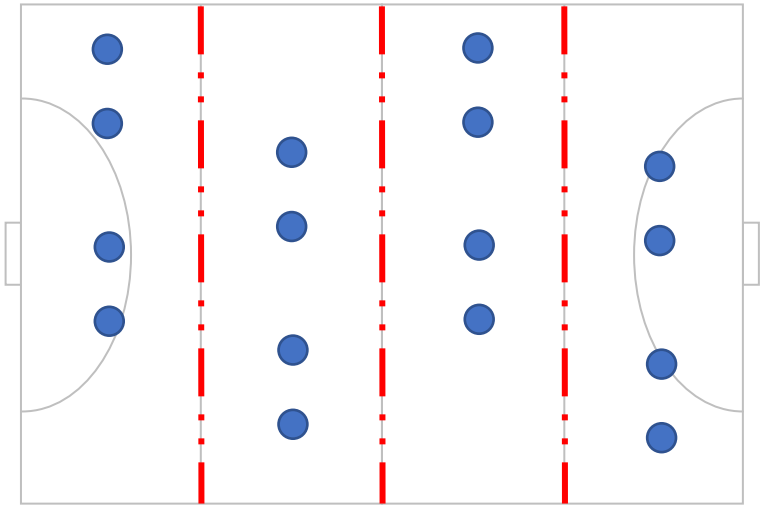
Push Passing

Time	Organization	Description
Within a 20 min block	 	Part 1 - 2 players 4/5 meters apart (red cones) - Push passing to each other for 45-60 seconds Key points 1) Stay down on the ball 2) Forehand to forehand passing 3) Stay balanced and good footwork Part 2 - Player A moves to yellow cones, and remains static - Player B posts up on red cones and then passes to Player A - After the pass, Player B releads back to sideline and then posts up again Key Points - Accuracy of pass from Player A - Player B to present stick with high left hand/elbow - Post up requires a strong/firm bottom hand to keep ball moving forward Progression: 1) Player B to receive the ball with 1st touch to the RIGHT, then pass back to Player A 2) Player B to receive the ball with 1st touch to the LEFT, then pass back to Player A Drill orientation – Drills to be offset

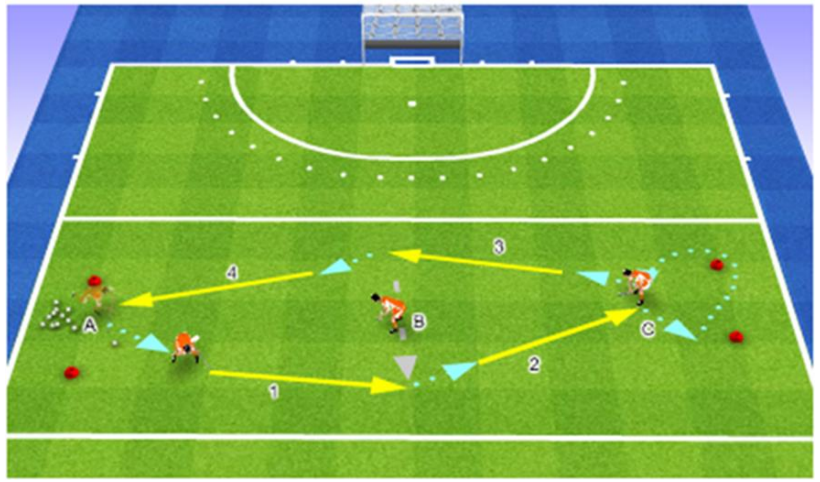
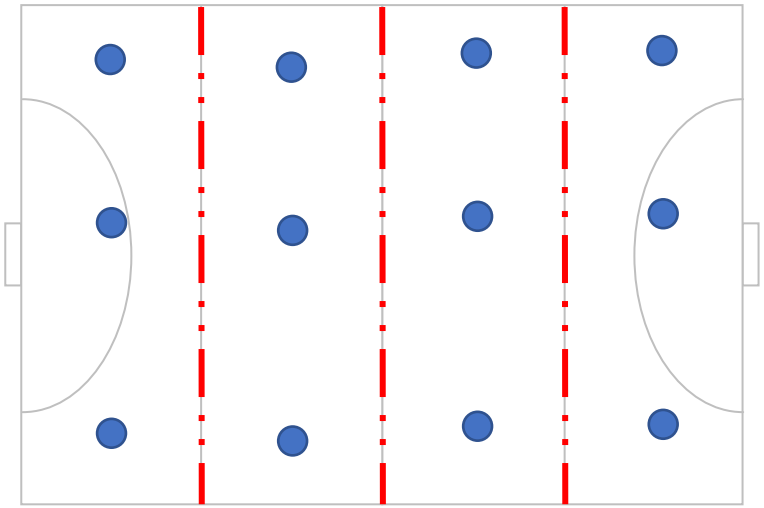
Receiving

Time	Organization	Description
Within a 20 min block	 	-P1 Passes to P2 and starts to run around the next cone -P2 Dribbles around the cone and passes to P1 -P1 receives Upright forehand and passes to P3 -P3 receives + send pass to P4 -P4 receives and dribbles to start location of P1 Rotation 1>2>3>4>1 *Repeat in mirror format so P1 has a forehand reception Drill orientation – Drills to be offset

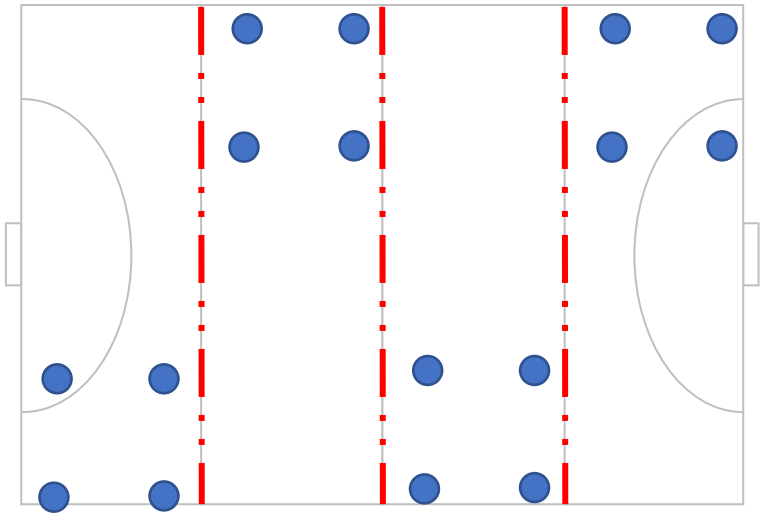
Receiving

Time	Organization	Description
Within a 20 min block	 	X1 lead and post-up in the pocket - receives a pass from X2 - sends pass back to X2 X1 leads around cone and opens up body position - receives a slightly led pass from X2 - dribbles and sends pass to X3 X3 moves into the spot of X1 Repeated drill - to make continuous X2 lead and post-up in the pocket - receives a pass from X3 - sends pass back to X3 X2 leads around cone and opens up body position - receives a slightly led pass from X3 - dribbles and sends pass to X4 X4 moves into the spot of X2 **Variations:** Same except players lead in the opposite direction when they exit the pocket and their reception is an open forehand reception - receiving the ball in front of their RIGHT foot/left hand out. - An additional drill on this side would be to add the upright reverse reception Drill orientation – Drills to be offset

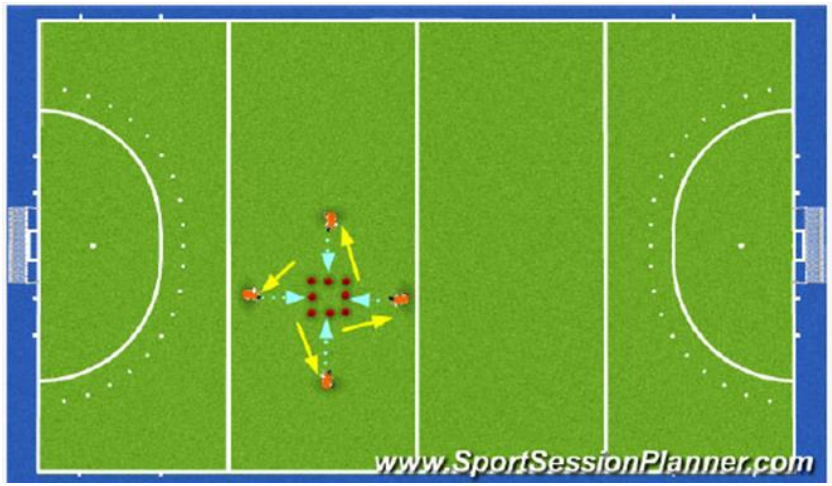
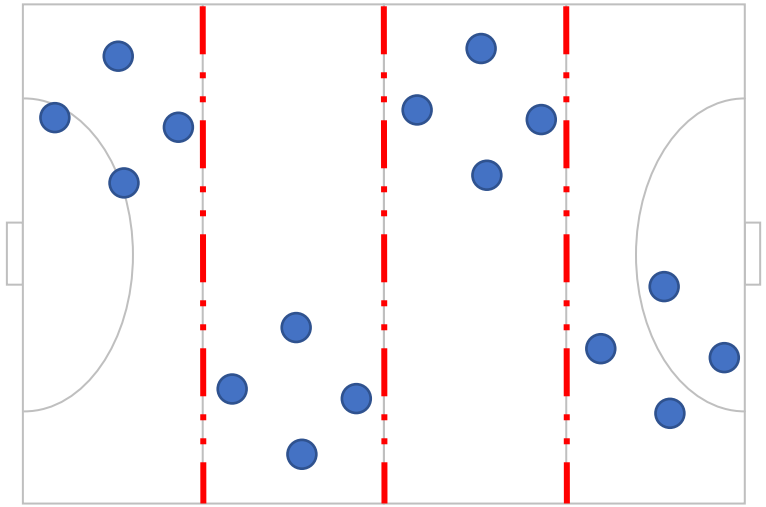
Open Receiving (Forehand and Backhand)

Time	Organization	Description
Within a 20 min block	 	**Structure:** A dribbles and seeks eye contact with B, B indicates with his stick (lead) to where the ball should be played. A then hits the ball to B (1). B receives the ball open on fh or bh. B then seeks eye contact with C who shows where he wants the pass and then open receives with fh or bh. C dribbles the ball through the cone goals and then towards B, who again calls for the ball, etc. Rotations: Player B is changed after set time. **Pointers:** If the player receives the ball open, move straight into new playing direction. At the moment of receiving the ball, his feet turned towards the passing direction. The ball is passed next to the body, away from the feet. Link between open receive and playing should take place as quickly as possible. **Variation:** - Only B receives open. + Half active defender on B. Drill orientation – Drills to be offset

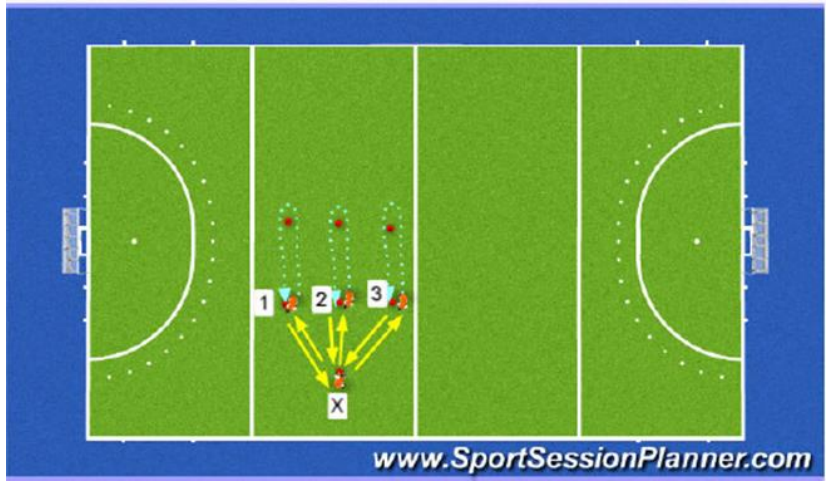
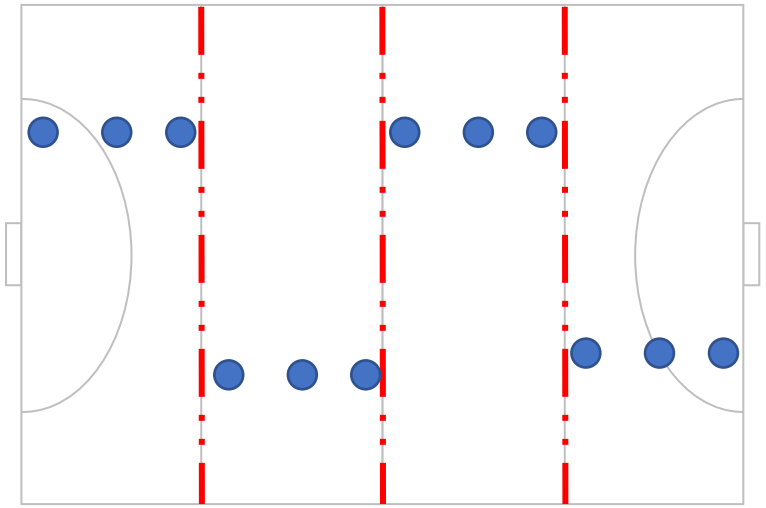
Passing and Receiving

Time	Organization	Description
Within a 20 min block	 	Step 1: Arrange into pairs Step 2: Player A passes to Player B, who receives closed and makes a wall pass back to Player A Step 3: Player B moves to the other side of cones and receives closed and makes a wall pass Progressions / Sets: 1) 45 second reps x 2 2) 45 second competition - count passes back to Player A only 3) Introduce open receive and movement to opposite side Key points: 1) High left hand, left elbow - Facilitates good vision and keeps ball away from feet 2) Good balance and footwork 3) Communication - Verbal and non-verbal Drill orientation – Drills to be offset

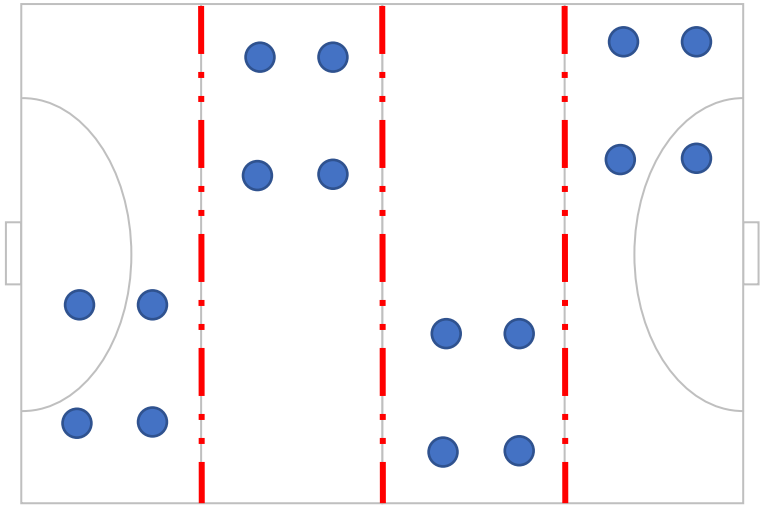
Ball Control

Time	Organization	Description
Within a 20 min block	 	1. Dribble and draw right > push to next player 2. Dribble fake left and draw right > push to next player 3. Dribble draw left > pass to next player 4. Dribble fake right draw left > pass to next player Drill orientation – Drills to be offset

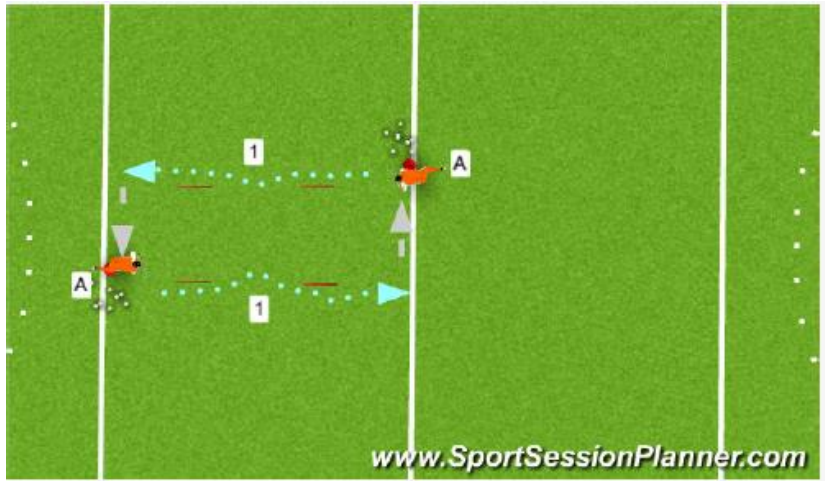
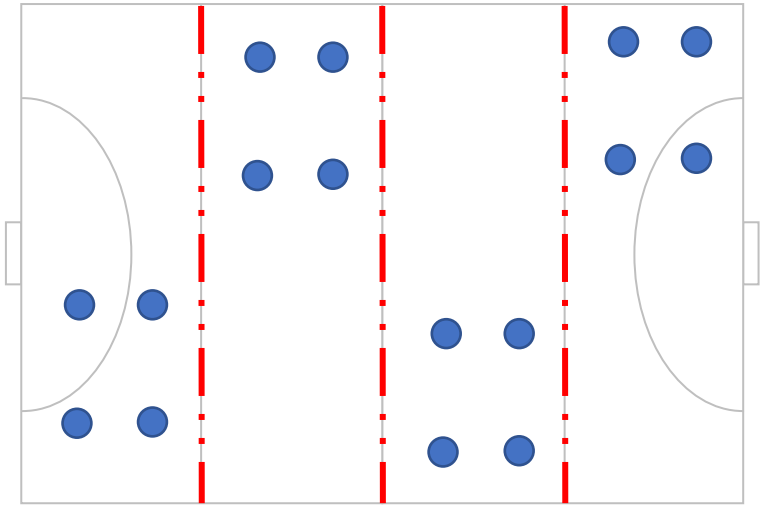
Ball Control

Time	Organization	Description
Within a 20 min block	 	All players rotate through X -Players 1,2,3 have a ball -P1 passes to X and X passes back and so on - When P1,2,3 receive the pass back they turn and dribble around the cone. 1. Dribble and curl strong stick around the cone 2. Dribble, Left foot pivot 3. Dribble curl right - strong stick 4. Dribble curl right - reverse stick Rotate positions Drill orientation – Drills to be offset

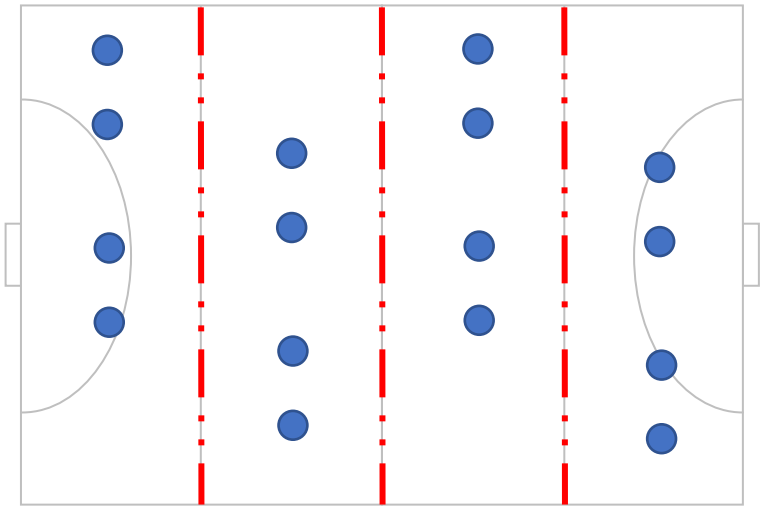
Ball Control

Time	Organization	Description
Within a 20 min block		Maximum 2 players per station Player to carry ball on forehand only around cones then back to starting point. Maximize stick and ball contact and only carry on forehand. Step 1 - Introduce skill with low speed (focus on technique) - 60 seconds Step 2 - Technical focus with minimal ball touches - 60 seconds Step 3 - Higher tempo practice run - 30 seconds Step 4 – Competition - Each L-shape counts 1. Highest score after 60 seconds wins Reps - 60 seconds per player Progression - Introduce pass and open reception into l-shape dribble Key Points 1) Body position, 2) Ball carrying position, Eyes up, Drill orientation – Drills to be offset

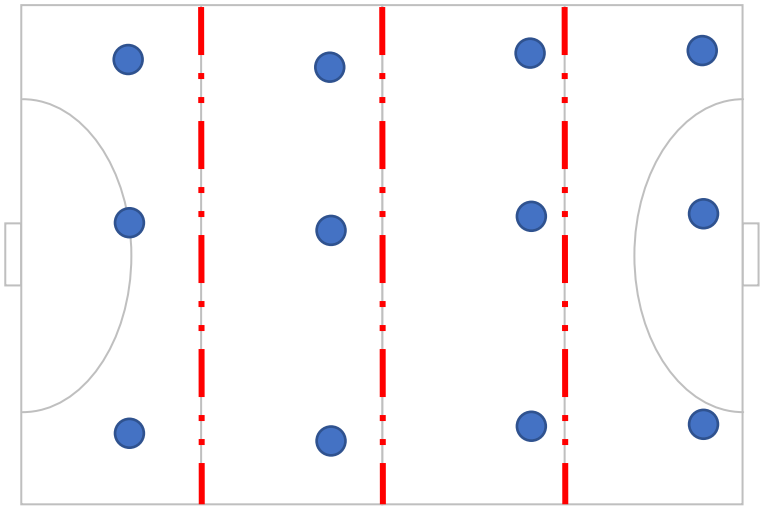
Ball Control

Time	Organization	Description
Within a 20 min block	 	Setup: - 2 lines of singular string, - 2 sets of balls @ Player A Exercise: 1) Player A to carry ball in neutral position to start 2) At 1st string, they need to drop the ball into the back right (Lag position) 3) After string (#1) back to neutral, with eyes up 4) At 2nd string, they need to drop the ball into the back right (Lag position) then return to neutral 5) Emphasis on eyes up throughout Key Points: 1) Ball position - back right requires ball speed to slow down and shoulders to rotate 2) Feet should always be pointing (and moving forward) 3) Low body position to allow eyes up Progressions: 1) Increase speed 2) Introduce "tick tack dribble" in between tunnels (#1) 3) Coach to hold up a number of fingers, players to call number out Drill orientation – Drills to be offset

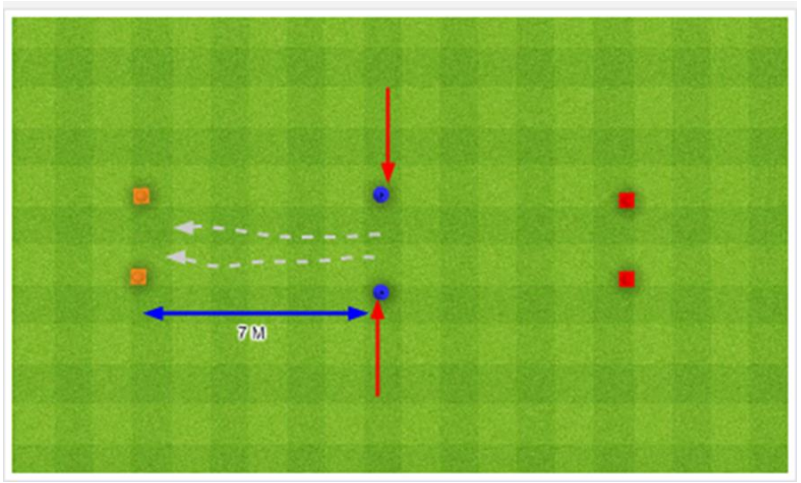
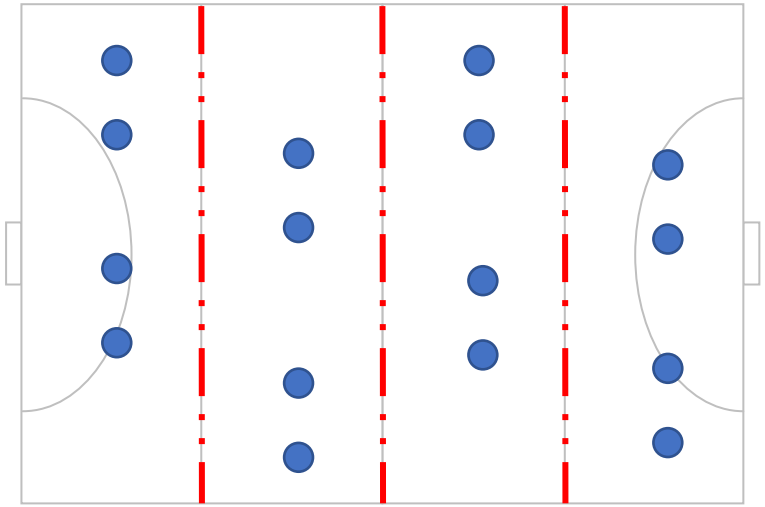
V Drags – Ball Control

Time	Organization	Description
Within a 20 min block		V-drag elimination Reps - 45 seconds Progression - Add pass and carry Key points - Body position, correct grip, shoulders up, good Footwork Drill orientation – Drills to be offset

Dribbling/Eliminations

Time	Organization	Description
Within a 20 min block	 	Groups of 3 or 4 players maximum Step 1: Players dribble through the cones and only eliminate (red cones - #A) from left to right - pulls to forehand side Step 2: Once finished with the red cones, curl around yellow cone and sprint back to the start (#B) Step 3: Next player can start once the player in front finishes red cones Progressions: 1) Add speed or competition between groups (1/2/3) 2) Introduce forehand lifts over the red cones Key points: 1) Strong bottom (right) hand to help with strength of the pull 2) Ball position out in front of feet 3) Eyes up when dribbling through the cones Drill orientation – Drills to be offset

Reactions and Acceleration

Time	Organization	Description
Within a 20 min block	 	Basic drill designed to focus on reactions and acceleration. **Structure:** Two players enter by the blue cone and stand facing each other. The coach will call the color of a pair of cones. The two players will have a race to the finish line between the cones. Pointers: Try to pair off players with similar speeds to ensure everyone gives their full effort. Make players light on their toes for better take offs. Enforce punishments for loser. (i.e. Push-ups, Burpees) **Variations:** Distance to finish line can vary. Pause for different time intervals before announcing which color finish to run towards. Drill orientation – Drills to be offset

Disclaimer

It is important to note that this document is not a legal document and is not a substitute for actual legislation or orders of the Provincial Health Office. Links to third party web sites are provided solely for convenience.

The information in this document is current to June 11, 2020 and aligned with viaSport's Return to Sport Guidelines for B.C.

https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf

Questions for Facility Provision, Operation and Public Health - First Stage Return Consideration -

1. Is it feasible for washroom facility access and cleaning to be constantly monitored?
2. How might facility parking access be managed? Will organized sport groups have an option to designate usage?
3. For the purposes of cleaning training equipment, will there be access to an outside water source?
4. Will public drinking water fountains be operational?
5. Will there be the provision of COVID-19 signage at both park access points and field access points?
6. Is it recommended that the cleaning of training equipment be conducted away from the Field and/or Park facility?
7. For primary water-based field hockey facilities, will the field water cannons be operational?

Questions for the Local Sport Organization (LSO)
- First Stage Return Consideration -

1. Is the LSO duly incorporated? If so, will the LSO automatically indemnify those individuals responsible for governance, management, and activity implementation?
2. What level of formal qualification is being required for those individuals tasked with leading activity programs (coaching/officiating/first aid/volunteer)?
3. How is the LSO planning to communicate policies, planning, and protocols for a responsible return to play to both its membership and to activity leaders and supporting personnel?
4. As may be appropriate, How will the LSO manage the requirement for mandatory participant attestation submission?
5. How will the LSO monitor activity sessions to mitigate potential compliance concern?
6. Will the LSO be tracking attendance and any potential breach of safety protocol (participant potentially attending whilst showing negative health symptoms)?
7. Will the LSO be providing facility signage to aid the safe delivery of activity?

Appendix A – Participant Attestation Form – To be Completed ahead of every activity session

COVID-19 Questionnaire and Attestation

I attest that I am not experiencing any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise (severe fatigue or feeling of being generally unwell).

If I develop these symptoms, I agree that I will leave the premises immediately and immediately inform [insert individual who has oversight of compliance (designated activity leader)].

I am aware that I must follow the safety and hygiene protocols of British Columbia, the BC Public Health Agency, Field Hockey BC, and [Insert LSO Name].

I attest that:

- I have not travelled internationally in the past fourteen (14) days.
- I have not travelled outside the Province of British Columbia in the last fourteen (14) days.
- I have not travelled to an area highly impacted by COVID-19 within my Province in the past fourteen (14) days.
- I have not and do not believe that I have been exposed to a person with a confirmed or suspected case of COVID-19.

I attest that:

- I have not been diagnosed with COVID-19

OR

- I have been diagnosed with COVID-19 and been cleared as noncontagious by provincial or local public health authorities (confirmation from a medical practitioner will be required and maintained in a confidential file by the organization)

I acknowledge and agree that I will follow recommended guidelines, laws and protocols of British Columbia, the BC Public Health Agency, Field Hockey BC, and [Insert LSO Name] in order to reduce the spread of COVID-19.

I acknowledge that the foregoing statements are true.

Date of Activity Session:_____

Adult Participant: Printed Name

_____

Date of Birth: _____

Participant's Signature: _____ Date: _____

Organization: _____

PARENTAL ATTESTATION (if participant is under the age of 19)

Name of Participant: _____

Printed Name of Parent/Guardian: _____

Parent/Guardian Signature

_____ Date: _____

Appendix B – Emergency Action Plan (EAP) - Example

Tailor according to facility – Example - Tamanawis Park

Emergency Care

Ambulance, RCMP, Fire Services – 911

Non-Emergency Care

Ambulance - 604-872-515/ RCMP - 604-599-0502

Nearby Clinics

Surrey Memorial Hospital – 13750 96th Avenue, Surrey, BC, 604-581-2211
Boundary Park Medical Centre - #115, 6350 – 120th St
Mercy Medical Clinic - 7155 120 St (inside Wal-Mart)
Kwantlen Clinic - #1, 12818 – 72nd Ave

Directions to Surrey Memorial Hospital (Add Directions Map)

East on 64th Ave to King George Hwy
Left (north) on King George Hwy to 96th Ave
Turn right, emergency entrance on right a Surrey Memorial Hospital

COVID-19 Exit Protocol

For participants exhibiting illness an appropriate facility exit protocol should be followed.
The facility exit protocol should cater to both junior and senior participation and consider the need for personal contact detail should participants require assistance in exiting the facility.