



**FIELD HOCKEY CANADA
RETURN TO PLAY RESOURCE DOCUMENT**

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Please Note:

This document is a live document which will continue to provide updates and additional information as this becomes available.



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INTRODUCTION

Field Hockey Canada responded to the global COVID-19 pandemic by following government recommendations and suspended field hockey activities on March 13th. FHC has been monitoring the situation closely. We are eager for all players to return to practice and games. However, the health and safety of all participants and citizens must remain the number one priority.

In collaboration with federal and provincial government reference material, Field Hockey Canada has produced Return to Play guidelines for national team programs. Please note, that provinces will be not be opening at the same time, therefore Return to Play will not be consistent for the country. It is important to refer to your provincial Return to Play guidelines in addition to Field Hockey Canada guidelines.

In the short term, modifications will need to be made to many field hockey activities in order to ensure that they meet federal and provincial guidelines and are consistent with the limits inherent in Phase One, Phase Two and subsequently Phase three of the Return to Play plans. We are pleased that the gradual, responsible, phased approach can finally proceed with our guidelines and recommendations.

As the impact of COVID-19 is continually changing our environment, so will information, rules and regulations, making it imperative that participants continue to check and follow federal, provincial and local health organization guidance and government mandates. FHC will continue to monitor the situation and update our community on our website.

COVID-19 symptoms can range from mild to severe depending on a number of variables. Current medical recommendations attempt to mitigate risks related to COVID-19. The primary goal is to avoid becoming infected, and spreading to other people in the community. This document is meant to complement not replace local public health and recreation facility advice.



GENERAL INFORMATION ABOUT COVID - 19

Coronaviruses are a large family of viruses. Some cause illness in people and others cause illness in animals. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold. COVID-19 is a new disease that has not been previously identified in humans. Rarely, animal coronaviruses can infect people, and more rarely, these can then spread from person to person through close contact.

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.

Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease. Recent evidence indicates that the virus can be transmitted to others from someone who is infected but not showing symptoms.

While experts know that these kinds of transmissions are happening among those in close contact or in close physical settings, it is not known to what extent. This means it is extremely important to follow the proven preventative measures.

CORONAVIRUS
Covid-19 or 2019-nCov

WHAT IS IT?
COVID-19 is a new virus and so health officials are still learning about its impact and severity. At this time, it appears to cause an illness similar to the flu with the most common signs of infection being fever, cough and shortness of breath. In severe cases patients can develop pneumonia, severe respiratory distress, kidney failure and death.

PREVENTION

- Stay at home when you are sick
- Avoid touching eyes, nose, & mouth with unwashed hands
- Avoid close contact with people who are sick
- Clean & disinfect frequently touched objects and surfaces
- Wash your hands at least 20 seconds
- Use a hand sanitizer that contains at least 60% alcohol
- Cover your cough or sneeze with a tissue
- Avoid crowded places and all unnecessary travel

SYMPTOMS

Common: Fever, Dry Cough, Shortness of breath, Hemoptysis, Phlegm Buildup, Fatigue, Aching muscles

Less typical: Headache, Diarrhea

INCUBATION
2-14 DAYS
Because the early symptoms of COVID-19 are similar to other respiratory illnesses, if you have any of the common symptoms (fever, cough and shortness of breath) you should contact your doctor's office and arrange to have a consultation.

REF: SMAC Guidelines



GUIDING PRINCIPLES FOR A SAFE RETURN TO SPORT

A return to sport must strictly adhere to the policies and procedures outlined by federal, provincial and municipal governments and public health agencies that have been established to ensure a safe environment for all. Guidelines MUST be adhered to at all times. Additionally, Field Hockey Canada values these guiding principles for a Safe return to sport:

- Localized outbreaks of COVID-19 may require new restrictions and may result in a standard public health response, which could include quarantine.
- Risks associated with large gatherings will exist for the foreseeable future. Therefore, field hockey activities will be a spectator-free environment until further phases are introduced.
- Anyone exhibiting symptoms of COVID-19 should not participate in field hockey activities.
- Anyone exhibiting COVID-19 symptoms during a field hockey activity will not be permitted to continue and will be required to exit.
- Participant ratios must not exceed the field facility zonal designations outlined in this document.
- Participants must adhere to Field Hockey Canada Return to Play guidelines, Provincial Guidelines and local facility guidelines.

Public Health guidelines highlight that the spread of COVID-19 can be effectively reduced by adhering to the following measures:

PHYSICAL DISTANCING

Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. Return to sport must adhere to physical distancing in accordance with requirements of public health authorities and facility operators. Field Hockey Canada's phased return accounts for this.

HYGIENE

In addition to physical distancing, handwashing and cough etiquette, Field Hockey Canada recommend adding another layer of protection against the spread of COVID-19. This return to sport plan requires the appropriate individual personal hygiene practices among staff, coaches and all participants at home (away from training) and during training. It also outlines the need for pitch-side hygiene practices before and after all training sessions.

EQUIPMENT CLEANING

Surfaces frequently touched with hands are most likely to be contaminated however Coronaviruses are one of the easiest types of viruses to kill with soap and disinfectant when used according to the label directions.

INDIVIDUAL HEALTH MONITORING

Daily individual health monitoring processes and tracking need to be in place. Individuals should not return to sport if they have been unwell (even mild symptoms), have had contact with a person who has tested



positive for COVID-19 or have travelled outside the country in the past 14 days. Staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider prior to attending training sessions. Field Hockey Canada staff will monitor this through daily attestation forms which all participants will have to complete prior to every session.

SAFE SPORT ENVIRONMENT

In these unique times, our commitment to providing a safe sport environment for all participants cannot waver. A return to sport program must be designed to ensure all aspects of a safe sport environment can be implemented and followed. Field Hockey Canada's Safe Sport rules and regulations can be found on the FHC website.

PHASES FOR A SAFE RETURN

PHASE ONE

Return to Train (modified practices and conditioning)

PHASE TWO

Return to Practice (practices and less modification)

PHASE THREE

Return to Game Play



PHASE 1 - RETURN TO TRAIN

A return to sport must strictly adhere to the policies and procedures outlined by federal, provincial and municipal governments and public health agencies that have been established to ensure a safe environment for all. Guidelines **MUST** be adhered to at all times. Additionally, Field Hockey Canada values these guiding principles for a Safe return to sport:

1

STEP ONE WAIVER SIGNED

All participants **MUST** complete the Waiver prior to re-starting sport. This waiver needs to be kept on file for 3 years.

A Waiver needs to be completed at least once for each stage of the return to full international sport.

2

STEP TWO ATTESTATION FORM SIGNED

This is a Pre-Activity Health Screening. All participants must complete an attestation form prior to every session. This indicates a general state of health and well-being. The COVID-19 safety officer at the session will check for compliance prior to the commencement of the session.

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)

This is to be completed prior to every session.

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

Please Note:

Information regarding a safe return to play in Phase 2 and Phase 3 will become available as the COVID situation improves and we get closer to these phases.



COACH / STAFF CHECK LIST

Read, understand and follow Return to Play FHC Guidelines

Hold pre-activity meeting with staff and safety officer

Sign waiver and daily attestation return to Safety officer or designated staff

Prep field, check all surfaces, benches, equipment, set up drills

Ensure proper physical distancing is adhered to during session

Collect and clean training equipment at the end of the session



SAFETY OFFICER CHECK LIST

Read, understand and follow Return to Play FHC Guidelines

Attend pre-activity meeting with Head Coach and staff

Bring and set up cleaning equipment as per FHC Return to Play Guidelines

Ensure all athletes and staff have completed their waiver and attestation prior to stepping onto the field

Ensure arrival of athletes is in accordance to the Return to Play Guidelines for the field

Ensure proper physical distancing is adhered to during session

Ensure departure of athletes is in accordance to the Return to Play Guidelines for the field

Assist with cleaning training equipment at the end of the session



ATHLETE CHECK LIST

Read, understand and follow Return to Play FHC Guidelines

Do not attend activity if you are feeling unwell or showing any symptoms

Sign waiver and daily attestation returned to safety officer or designated staff

Wash Hands and use the bathroom prior to arrival, bathrooms may not be available

Adhere to all physical distancing requirements. Must be 2m apart from all other participants

Arrive and depart in accordance to the Return to Play Guidelines for your field

Be prepared to arrive and depart fully dressed in your training clothing, changerooms will not be available

Do not share personal equipment with other athletes

Follow public health guidelines when, coughing or sneezing. No spitting or nose clearing

Please Note:

Information regarding a safe return to play in Phase 2 and Phase 3 will become available as the COVID situation improves and we get closer to these phases.



RESOURCES AND LINKS

VIA SPORT - RETURN TO PLAY (BC)

[CLICK TO VISIT PAGE](#)

OWN THE PODIUM GUIDELINES

[CLICK TO VISIT PAGE](#)

WHO GUIDELINES

[CLICK TO VISIT PAGE](#)

GOVERNMENT OF CANADA GUIDELINES

[CLICK TO VISIT PAGE](#)

CANADA'S PROVINCIAL & TERRITORIAL RECOMMENDATIONS

[CLICK TO VISIT PAGE](#)

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