



Chelsea Phoenix FHC 2020 Safety Policy

With the good news of the government, health, and sport authorities lifting some restrictions to accommodate for modified outdoor team sport, it is paramount that we remember that COVID-19 is not over. We are advising you of steps we are taking to reduce the risks involved but the decision to participate is yours as an individual or as a parent of a participant.

As Chelsea Phoenix FHC members, we must continue to do our part as a club and community to follow the necessary guidelines and lead the way in a successful return to play by following the below protocols at our new field hockey facility in Low, Quebec. We will advise you of any changes to the protocol as we return to play and/or receive new information from the authorities.

If you are unable to abide by these protocols, you will be removed from the club programming until further notice. We ask for everyone's full cooperation so we can be safe and healthy, and have fun playing field hockey with new and old friends!

1. **HEALTH FIRST:** Do NOT come to field hockey sessions if you have any symptoms or have not completed your 14-day quarantine after exposure.
2. **WAIVER / ASSUMPTION OF RISK:** All participants & parents must carefully read & sign the waiver (for adults) or assumption of risk (for minors) put forth from Field Hockey Quebec before participating in any in-person programming.
3. **SAFETY TRAINING:** Players must attend a safety-first training session to learn how to play safe and stay healthy. Separate sessions can be arranged if you miss your assigned session during the weeks of June 8 and June 15.
4. **DROP OFF PROTOCOL:** Drop off players at St Michael's school in Low at FIELD LEVEL. Wait for player pick-up in the parking area above and behind the ice hockey rink - look for the signs.
5. **TIMING OF ARRIVALS AND DEPARTURES:** Please arrive ONLY 10 minutes before your session begins (10:20 for a 10:30 session). Pick up will be 70 minutes after your start time (11:40 for a 10:30 session). Coaches must sanitize the balls and cones between sessions during the 10 minute break. For example:
 - 8:50 Arrival of Group 1
 - Check-in
 - Handwashing at entrance
 - Go to your Zone

- 9:00 Practice starts
- 10:10 Practice finishes
Handwashing at exit
Go to Parking at Hockey rink
Depart
- 10:20 Arrival of Group 2
- Repeat....

6. **READY TO PLAY / NO BAGS:** Players must be “ready to play” when they arrive - shin pads on, mouthguard in pocket, handguard on, proper apparel for the weather (hat, sweater if needed), stick and water bottle in hand. Please apply sunscreen beforehand. **NO BAGS** at the field site. BAGS remain in your car.

7. **PHYSICAL DISTANCING:** Maintain physical distancing of 2M while waiting and checking in with the concierge. Do not enter the field before checking in. **PARENTS** must also maintain physical distancing above field level near the ice hockey rink or community centre.

8. **MANDATORY CHECK-IN:** Conduct the check-in with the concierge at a distance.

9. **HAND WASHING AT ENTRANCE:** Wash hands before entering the field of play and after completing your training session. There are two hand washing stations: one located at the field gate area near the school (entry) and another located at the field exit area near the hillside.

10. **NO LOITERING:** No participants should be loitering at the field level. Players are either checking in, handwashing, playing field hockey, or departing.

11. **OFF LIMITS:** The school and school grounds are off limits for all participants and parents.

12. **EQUIPMENT:** Participants must always use their own equipment and must not touch the balls or cones. Only the coach will use his / her hand on the balls and cones.

- No sharing water bottles.
- No communal equipment. Have your own, use your own.
- No stick swapping or testing.
- No trading of goalie equipment.
- No use of penalty corner gloves or masks or protectors.

13. ON FIELD DISTANCING AND STRUCTURE

Coaches must review the ON FIELD DISTANCING plan at the start of every training session.

- 5M physical distancing on the field
- Maximum of 5 players and 2 coaches on the turf at any one time.
- 5 Zones and 1 Channel
 - GK Zone (do not enter unless you are a Goalkeeper)
 - Player zones - stay in your Zone until a coach asks you to rotate or collect balls

- Channel - only one player at a time in the Channel which is the space between zones.
- Skill and fitness drills only that maintain this distance
- No competition drills
- No matches
- Water bottles in the corner of your Zone. Do not share with others.

14. HAND WASHING AT EXIT: Wash hands after completing your training session. This hand washing station is located at the field exit area near the hillside.

Participant Name: _____ Participant Signature: _____

Guardian Name: _____ Guardian Signature: _____