



## **SAFE RETURN TO COMPETITION PLAN**

**Guidelines On Safe Resumption Of Hockey Competition In The COVID-19 Environment**

**Version 1**

**With Effect From: 25 January 2021**

**Last Updated On: 25 January 2021**

## **Returning To Competitive Hockey**

Singapore has moved into Phase Three – Safe Nation on 28 December 2020 and group activities are limited to no more than 08 participants (up from 05 participants previously).

The SHF Tournament Committee aims to maximize participation across all tournaments with rules on player registration more lenient and is looking at the possibility of organizing both Outfield and Indoor games. The type of game and format will largely depend on the maximum participation number allowed by the Government and SportSG at any one time (currently 8 per group with transient contact).

## **Facility Capacity**

The maximum number of persons allowed is limited according to its Gross Floor area (GFA) based on 8 sqm per person or 50 persons, at any one time, whichever is lower, to avoid overcrowding and mixing of groups to minimise the risk of large clusters forming. This limitation applies to facilities that are larger than 50 sqm.

As of now, all hockey competition will only take place at Sengkang Stadium.

Sengkang Stadium allows a maximum of 50 persons on each pitch at any time. Strictly no cross-over from Pitch 1 to Pitch 2 and vice versa.

For avoidance of doubt, the 50 persons limit does not include the Facility Operator such as SportSG and ActiveSG Staff (including cleaning company), Social Distancing Ambassadors, and SHF Staff

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Each team is allowed to play multiple matches in a day at different time slots. However, a player should not engage with more than 50 players in a day. The maximum number of games in a day which a team of 3 + 1 reserve can play is 11.

There is no limitation on the number of matches that the Singapore Hockey Federation can organise in a day, as long as the above point is observed.

## **Safe Management Measures**

### **1. General**

- a. Facility visitors with temperature of 37.5 degree and above or display Covid-19 symptoms (i.e. coughing, running nose, shortness of breath or difficulty breathing, sore throat, lost of taste or smell, diarrhoea, or body ache) should abstain from turning up for game and seek medical assistance immediately.
- b. Facility visitors who came back from overseas within the last 14-days, on Stay Home Notice or Quarantine Order, are not allowed within ActiveSG sport facilities.
- c. Facility visitors who come into close contact with someone who was tested positive for Covid-19, must self-quarantine at home for 14-days starting from the date of last contact with the person.
- d. Facility visitors who have someone within the same household that has been issued with a Stay Home Notice or Quarantine Notice, must refrain from turning up for game for 14-days, starting from the commencement date of the Notice.
- e. Facility visitors who have been issued medical leave by medical practitioner must stay home until the completion of the medical leave, even if he/she start feeling better before the end of it.

## 2. Before / Upon Arrival At Facility

- a. Team Officials and Players are strongly encourage to proceed to game alone. Do not bring along parents, siblings, friends or others who are not essential to assist you. Strictly no spectators allowed.
- b. The facility operators will control the access to the facility and organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact. They will also devise systems to ensure there is no overcrowding at or around their premises.
- c. Individuals must Check-In using the SafeEntry before entering the facility.
- d. Masks must be worn when entering the facility and should not remove before any strenuous activity commences.
- e. The facility operators will conduct temperature screening at the facility entrance and entry will be denied if temperature of 37.5 degree and above is detected. Visitors who appear unwell or display any visible symptoms of Covid-19 will be denied entry as well.
- f. Team Officials, Players, and Match Officials will be allowed entry only 15-minutes prior to their game time.

## 3. Before / During / After Game

- a. Any activities that can be done at home, should be done at home (i.e. pre-game briefings, recovery sessions, post-game debriefs).
- b. The field of play (23 by 30 metres) will allow a maximum of 03 players from each team at any one time. In addition to the 03 players, a rolling substitute is allowed on each team and must remain at the designated area (substitution zone) until it is his/her turn to get into the field of play.
- c. Each team will be allowed a maximum of 01 Team Manager and 01 Coach (known as team officials). However, he/she must remain at the designated area (out and away from the field of play) assigned during the game. He/she should always have his/her mask on.
- d. The game will be officiated by an Umpire and a Reserve Umpire (known as the match officials) at the designated area. The Umpire and Reserve Umpire must have their mask worn at all times. The mouth whistle will be replaced by an electronic whistle.
- e. No intermingling between Team Officials, Players, or Match Officials of the same game and different game.
- f. Players are strongly advised to avoid excessive physical contact. Transient contact is allowed within the 08 players of the same game.
- g. Strictly no social exchanges including fist bumps, high fives and handshakes is allowed.
- h. Sharing of common and/or personal equipment should be avoided.

## 4. Common Areas / Toilets / Changing Rooms

- a. All common areas, toilets and changing rooms will be managed by the facility operators to prevent crowding / gathering / socialising / loitering.
- b. Team Officials, Players, and Match Officials are strongly advised to come dressed for game and should avoid using the common areas, toilets or changing rooms for changing of clothes. Toilets should only be used for sanitation purposes.

- c. Showering is allowed at the facility after game. However, users should look out for safe distancing markers and signages, and self-administered safe distancing.

## 5. Personal Hygiene

- a. Drinking directly from the water cooler is not permitted. Team Officials, Players, and Match Officials are strongly advised to bring along their own water bottle.
- b. Cover your mouth or nose with a tissue or sleeve when coughing, spitting, or blowing of nasal secretions. Any tissue that is used should be disposed off immediately and hands should be washed with soap and water or with an alcohol-based solution.
- c. No spitting and bushman nose blowing is allowed.

## 6. Injuries

- a. The Team Officials (or appropriate medical staff) would be allowed to treat minor injuries. However, injuries should be treated with disposable gloves on.
- b. Used disposable gloves should be disposed correctly after each use by and on one person (one glove per Team Official / Player) to minimise any transmission through gloves.
- c. After treating the injured player, the Team Official (or appropriate medical staff) should return to the designated assigned area to maintain the safe distancing.

## 7. Evacuation Plan

- a. The storeroom located at Level 1 will be used as an isolation / holding area if there is any suspected case of Covid-19 onsite. The SCDF ambulance will be dial at 995 and the facility operates will be informed that a suspected Covid-19 case will be referred.
- b. In the event of a confirmed case, the facility operators and the SHF will work together for the following measures to be taken:
  - i. Immediately vacate and cordon-off the immediate section of the entire premises.
  - ii. Carry out a thorough cleaning and disinfection on all relevant on-site areas and assets that were exposed to the confirmed case/s, in accordance to the National Environment Agency (NEA) guidelines and protocols.
  - iii. The premises will be closed and all hockey activities will be temporary suspended for public health reasons
  - iv. All visitors of that period are to be dismissed and informed to monitor their health closely after returning home.
- c. Affiliates are required to inform SportSG, ActiveSG, and the SHF at the earliest possible time of any suspected / confirmed case after attending a game or he/she came into contact with a suspected / confirmed case.
  - i. ActiveSG: [sport\\_sengkangsc@sport.gov.sg](mailto:sport_sengkangsc@sport.gov.sg)
  - ii. SHF: Marcus Kung, General Manager, [generalmanager@singaporehockey.org](mailto:generalmanager@singaporehockey.org)
  - iii. SHF: Huimin, Tournament & Events Executive, [events@singaporehockey.org](mailto:events@singaporehockey.org)

## 8. Reminder

- a. These guidelines and parameters metered out in this document will be reviewed from time to time, and more persons may be allowed at a later juncture in Phase Three, taking into account

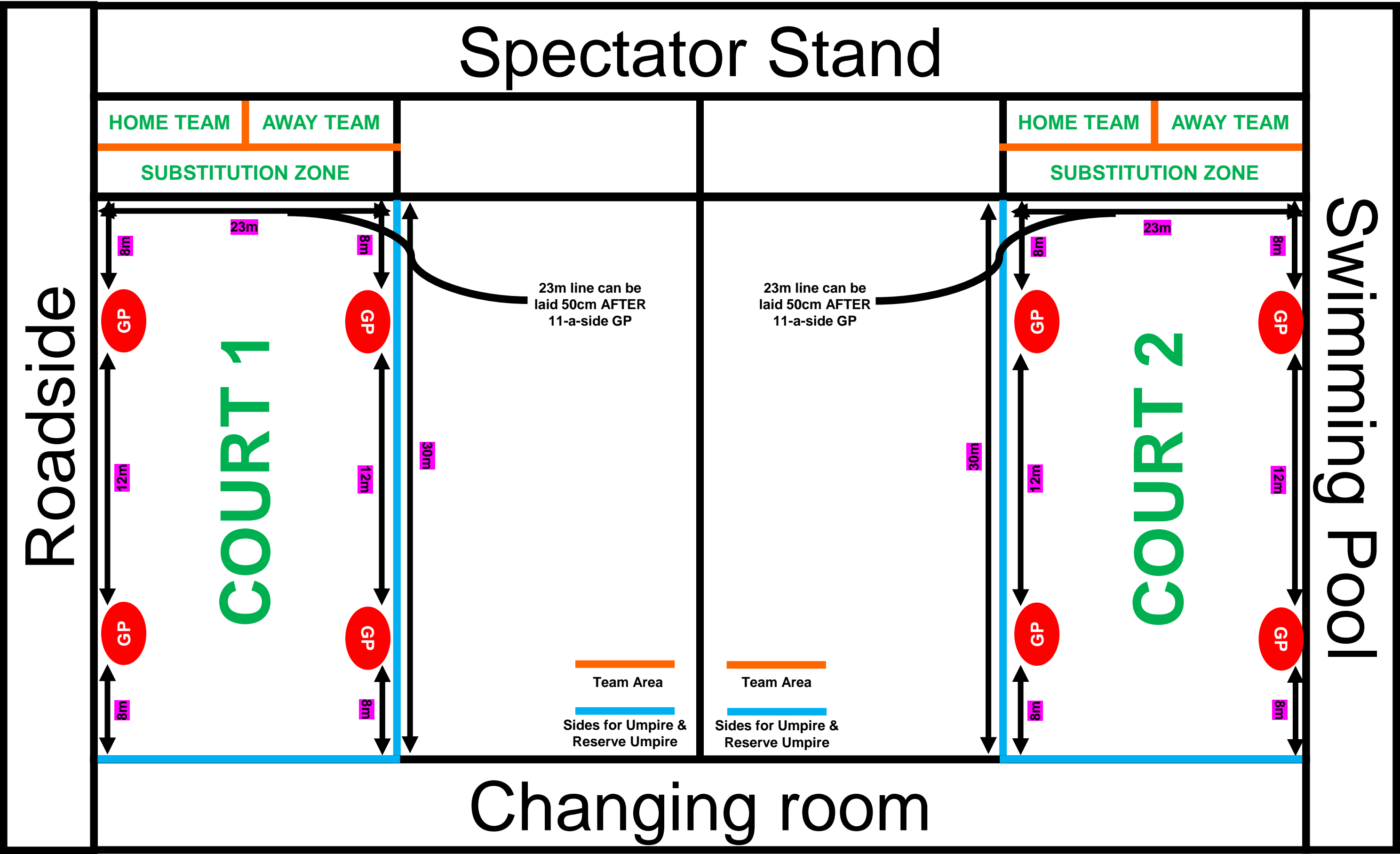
how well the Safe Management Measures are implemented by the facility operators and the compliance of the visitors in these settings, and the broader Covid-19 situation at the point in time.

- b. With the gradual easing of measures, everyone are urged to remain vigilant and observe the Safe Management Measures in place to minimise community transmission. Together, we all have a part to play in keeping Covid-19 at bay, and protect ourselves and our loved ones.

#### 9. Disclaimer

- a. The SHF would not be held accountable for any non-compliance or non-adherence to any Safe Management Measures and this accountability will be to the Affiliates themselves. Any Affiliates who fail to observe the Safe Management Measures may face a potential ban from participating in future competitions, booking of pitches or both for a certain period of time.

# PITCH 1: Layout



# PITCH 1: Reporting Area

## Spectator Stand

Column 1	Column 2	Column 3	Column 4	Column 5
Home Team	Away Team		Away Team	Home Team
Game at Court 1			Game at Court 2	

**1530 & 1730  
HOUR GAME**

**1430 & 1630  
HOUR GAME**

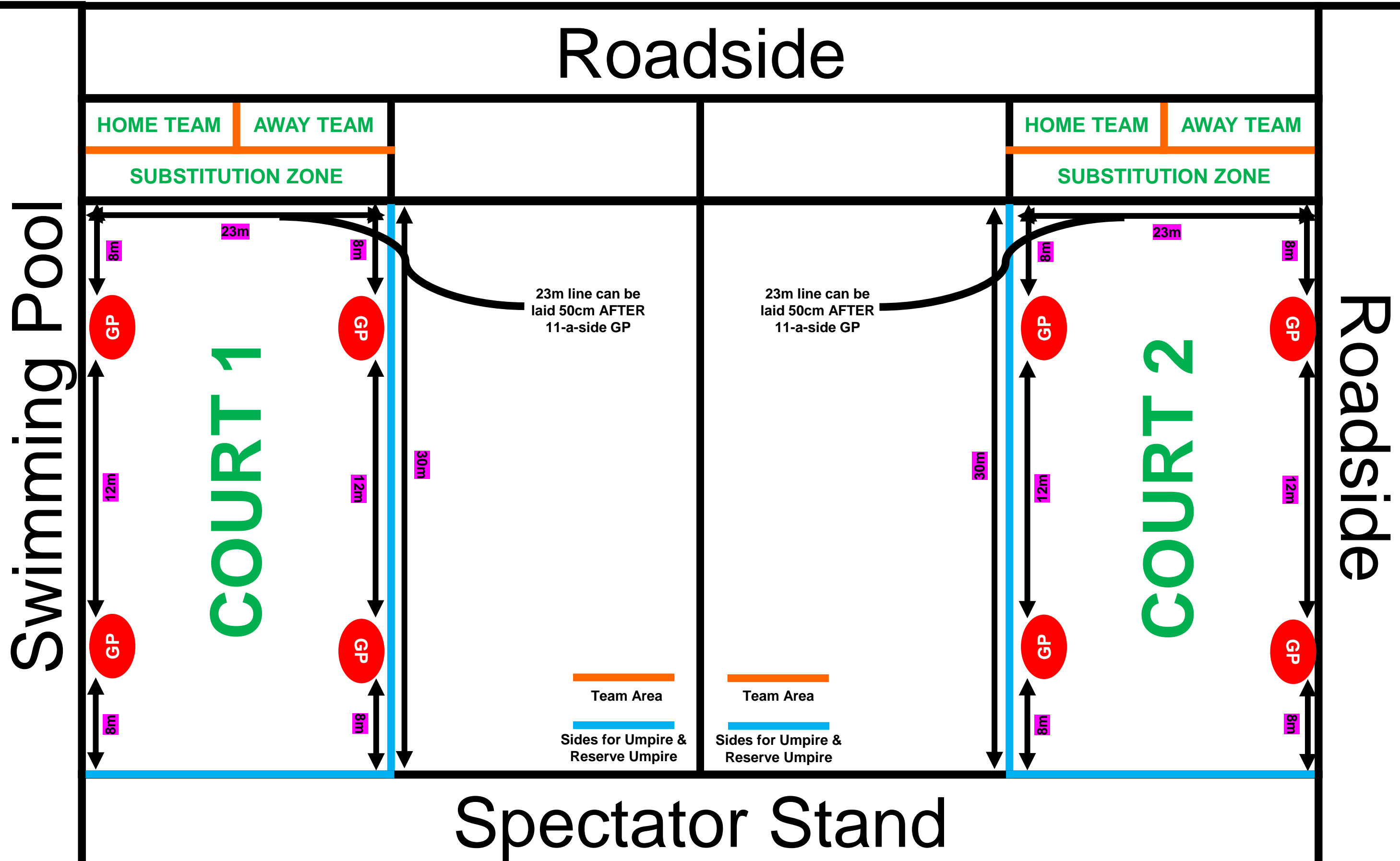
Outside Room 1	Outside Room 2	Outside Room 3	Outside Room 4
Home Team	Away Team	Away Team	Home Team
Game at Court 1		Game at Court 2	

**Changing room**

Roadside

Swimming Pool

# PITCH 2: Layout





# PITCH 2: Reporting Area

Roadside

Swimming Pool

**OPEN SPACE**

COURT 1  
AWAY TEAM

COURT 1  
HOME TEAM

COURT 2  
AWAY TEAM

COURT 2  
HOME TEAM

**1530 & 1730  
HOUR GAME**

**SHF OFFICE**

**OPEN SPACE**

COURT 1  
AWAY TEAM

COURT 1  
HOME TEAM

COURT 2  
AWAY TEAM

COURT 2  
HOME TEAM

**1430 & 1630  
HOUR GAME**

Roadside

Spectator Stand