



SAFE RETURN TO SPORT PLAN

Guidelines on Safe Resumption of Hockey in the COVID-19 Environment

Version 8

Updated 09 August 2021

(For period 10 August 2021 onwards – Mid-Point Review of Phase 2 Heightened Alert)

Introduction

The COVID-19 pandemic has had a devastating effect on communities throughout the world. This has impacted on the health and financial wellbeing of society. A return to playing sport can help to re-establish normalcy in the lives of many and have an uplifting effect.

The purpose of this document is to provide guidance to the Hockey community in Singapore in order to prepare for a safe return to playing the sport in the COVID-19 environment and to aid them with compliance to the Government issued guidelines.

Players, coaches, officials, staff, administrators and volunteers have a part to play in ensuring a safe setting. Everyone must familiarise themselves with the relevant safe distancing norms, the proper hygiene practices and awareness of respiratory symptoms.

Hockey, being a team contact sport, must be considered to be high risk with respect to the spread of COVID-19. It is also recognised that certain social groups are more at risk than others and must pay greater attention to safe practices.

What is COVID-19?

COVID-19 is a respiratory illness caused by a novel corona virus known as SARS- COV-2. The common symptoms are:

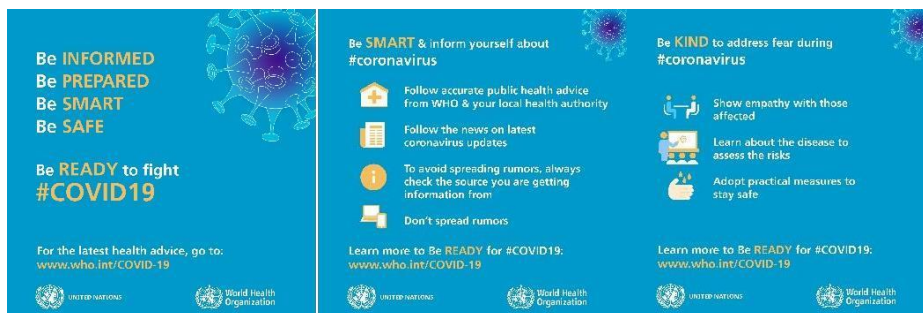
- Fever
- Dry cough
- Difficult or laboured breathing
- Fatigue
- Loss of smell
- Loss of taste

About 80% of cases have mild symptoms with no respiratory distress. About 15% of cases are severe requiring oxygen and a small number of cases, about 5%, require ventilation. The number of deaths in relation to infections remain low.

The virus spreads primarily from person to person through small droplets from the nose or mouth which are expelled when a person with COVID-19 coughs, sneezes or speaks. People can contract COVID-19 if they breathe in these droplets. These droplets are heavy and fall to the ground quickly. This is why it is important to keep a safe distance of about 2 metres between persons. The droplets can also land on and adhere to surfaces or objects such as tables doorknobs or handrails. People can get infected by touching these surfaces or objects and then touching their eyes nose or mouth.

This is why it is important to wash one's hands regular with soap and water or with an alcohol-based solution.

The time between exposure to COVID-19 and the moment when symptoms start is commonly about 5 to 6 days but can range from 1 to 14 days. As mentioned above about 80% of cases are mild. Persons may not display any symptoms but will still be able to spread the virus.



Education & Precautions

Awareness of COVID-19 risk mitigation is crucial when preparing for a return to sports. Administrators, convenors, coaches and managers should conduct a thorough risk assessment prior to resuming any hockey activities.

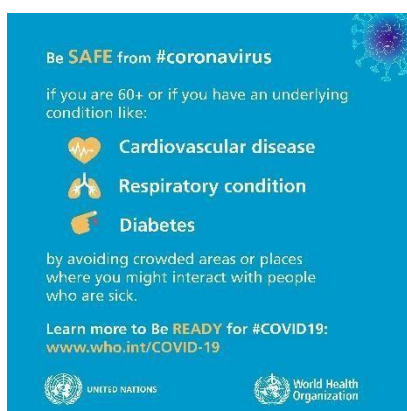
Possible education measures would include:

- Regular and thorough cleaning of hands
- Maintaining 1 metre distance between persons (non-exercising)
- Avoiding touching nose, mouth and eyes
- Covering mouth and nose when sneezing
- Wearing a mask when outside one's place of residence
- Seek medical attention when one has a fever, cough, or difficulty in breathing.

See the link below for the World Health Organisations advisory to the public: _

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>





Persons who are above 60 years of age and persons with underlying medical conditions are at greater risk of contracting COVID-19. Underlying medical conditions include cardiovascular disease, diabetes, and respiratory conditions. See the link below for the Centre for Disease Control’s advisory for such individuals:

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

It is important therefore that such individuals are suitably advised and that declarations and disclaimers are obtained

**Kindly note that public or private operators who are not an SHF affiliate and do not have an existing corporate user account with SportSG booking office will not be able to book the pitches until such time SportSG announces otherwise.*

SHF Office Operating Procedures

Under the Phase 2 of the Heightened Alert, SHF staff will be working from home unless their presence in the office is required. Affiliates, coaches and officials can contact the SHF via emails provide in the table below.

Visitors to SHF office must have pre-approval and a confirmed appointment before coming to the SHF office.

All personnel visiting SHF office will be subjected to temperature screening and will need to submit a health declaration form. Visitors who fail the temperature screening (37.5 and higher) will be denied entry and will need to reschedule their appointments.

SHF Staff Contact Details

Staff Name	Designation	Email
Marcus Kung	General Manager	generalmanager@singaporehockey.org
General Enquiries		info@singaporehockey.org

SHF has appointed Mr Marcus Kung and Ms Yap Yan Ping as its Safe Management Officers.

SHF SAFE MANAGEMENT PLAN*

The Singapore Hockey Federation (SHF) has established a set of recommended guidelines for hockey clubs and private hockey facilities to safeguard all players, staff and visitors' safety and wellbeing. We seek the relevant clubs' and players' continued cooperation in ensuring adherence to these recommended guidelines in addition to all other related government advisories.

- 1. MASKS:** It is mandatory for everyone to wear a mask when they leave their residence.
 - a. For hockey players engaged in strenuous activities during training/competition, they do not need to wear a mask, but they must put it back on once they have completed the training/competition and before leaving the hockey pitch. The coach or trainer must put **on the mask during the whole session.**

- 2. CONTACT TRACING:** Access to ActiveSG or other public use pitches will be controlled and individuals must use the Safe Entry application to do check-in and check-out when visiting the facility. Temperature checks will be required and persons who have a high temperature may not be allowed access.
 - a. Everyone is gently reminded to download and activate the Trace Together App (see Appendix 1) and keep it in active mode. Starting on 17 May 21, it will be mandatory to check-in via TraceTogether -only SafeEntry.



- 3. TRAINING PARAMETERS:**
 - a) Facilities will restrict the maximum number of persons by gross floor area based on 10 square meters per person. No facility, regardless of size, shall admit more than 50 persons.
 - i. Sengkang Hockey Pitch can allow a maximum of 50 persons and Boon Lay Hockey Village Pitch can allow a maximum of 25 persons (excluding ActiveSG staff)

b) For organised programmes and classes outdoors (Field Hockey)

For outdoors masked/unmasked activities: maximum of 5 participants in a group (including instructor/coach). Multiple groups of 5 are allowed, up to maximum 50 participants (including instructor/coach) or the capacity limit of the venue, whichever is lower. Instructors/coaches are to maintain a contact list of persons in the different groupings in case there is a need for contact tracing.

c) For organised programmes and classes indoors (Indoor Hockey)

For indoors masked activities: Only masked activities can take place in multiple groups of 5, up to maximum 50 participants (including instructor/coach) or the capacity limit of the venue, whichever is lower. Instructors/coaches are to maintain a contact list of persons in the different groupings in case there is a need for contact tracing.

***No unmasked activities are allowed in indoor facility.**

- i. Each person within the group needs to maintain a distance of 2 metres in general while exercising and playing sport.
- ii. SHF advice all participants and coaches, that each training zone should allow for 4sqm per person; whilst maintaining physical distancing where practicable during the training session.
- iii. All training must be modified to avoid prolonged and extensive body contact. Only transient contact is allowed. Training will consist of fitness, technical and physical drills in an outdoor setting.

d) If more than one group is training on the same pitch.

- i. The groups must not interact / mingle and must maintain a distance of 3m apart at all times (from the other group/s).
- ii. SHF recommends that for a hockey training session, ideally 2 groups should be at the pitch, using one half of the pitch each.
- iii. If required, the maximum number of groups at one pitch should be limited to 4, by dividing the pitch into 4 quadrants.

e) TRAINING parameters

- i. Strict compliance with the 4sq metres per person is to be observed during

training by designing and executing drills and exercises that are non-contested and therefore minimise the risk of contact between players.

- ii. Some exercises can have competitive elements by including interception skills of passes, as long as those players intercepting are always the required 2m away.
- iii. If the ball falls into free space it cannot be contested so only one player may retrieve it.
- iv. All other competitive elements should be based on timing (eg time to complete) and numbers (eg completed passes).

4. GENERAL ADVISORY

- a) Players should not arrive before the start time of their booking; they may only make their way to the pitch during their allotted start time.
- b) Training session must be concluded at least 5 minutes before the stipulated end time of booking to avoid crossovers with the next hirer.
- c) No one should not congregate after session ends. No extra-curricular or social activity should take place.
- d) Where possible players should arrive at the venue dressed for training, as this limits the need to use the common changing rooms. As far as practicable, players should shower at home on completion of training.
- e) Players should use hand sanitizers available at venue and carry their own as well.

5. EQUIPMENT

- a) Hockey equipment such as hockey sticks, masks, bibs, and goalkeeper gear must not be shared.
- b) Common equipment like Hockey balls, skipping ropes and cones/markers can be shared, if cleaned and disinfected following each use and prior to being used again.
- c) Players should only use their own sticks, shin pads, face masks and water bottles. Personal STICKBAGS are permitted.
- d) Players should not touch equipment with hands. Use sticks to collect balls and return to coaches' bag. Coaches should place balls back into bag using disposable gloves.
- e) Players should not touch training aids, cones, tyres, rebound boards etc.
- f) Goals should not be moved by players.

6. HYGIENE PROTOCOLS

- a) Players should sanitise their hands before start, again during and following training.
- b) Strictly no sharing of water bottles or towels. Disinfect mouthguards after each session.
- c) Players and coaches should not spit or clear nasal passages at training pitch. Spitting or blowing of nasal secretions should only be done in the toilet, and any tissue that is used should be disposed of immediately and hands should be washed with soap and water or with an alcohol-based solution.
- d) Avoid handshakes, high fives, or other physical contact.
- e) Please ensure you wash mouthguards before and after training.
- f) Bring enough water for personnel use and avoid using common water coolers.

7. REGISTER OF PARTICIPANTS

- a) Coaches / administrators conducting private / academy trainings should maintain an attendance register for all training sessions, including venue entry and exit times with the list of participants. Such register should be made available upon request by Authorities.

8. SAFE MANAGEMENT OFFICERS

- a) Private clubs / academies must appoint a senior staff at their Safe Management Officer (SMO).
- b) The main responsibility of such an officer, is to oversee and ensure that the required safe management measures are in place during the planning and conduct of trainings.
- c) For further discussion about the roles and responsibilities of SMO within your organization, please do not hesitate to get in touch with SHF GM Marcus Kung.

9. INJURIES

- a) The coaches (or appropriate medical staff) would be allowed to treat minor injuries, however they should treat the injured with disposable gloves on (and these should be disposed correctly after each use – not after the training session) and 1 glove per athlete (to minimise any transmission through gloves). After treating the injured athlete, the coach should maintain the safe distancing of 3m between groups or the 2m distance within his one group.

APPENDIX 1

Trace Together App

All personnel are strongly encouraged to download the app. Simply grant the app permission to log data and turn on your Bluetooth. This app will help to keep track of your daily interactions (physical proximity) with others. If you have been exposed to the Covid -19 virus and have a confirmed diagnosis, MOH would request for uploading of the interaction data in order to reach out to the members of public who might have been in your close proximity and vice versa if such a member of public was a confirmed Covid-19 patient.

