



# **Marist Hockey Club Inc.**

## **Covid-19 Safety Plan**

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## **1. Introduction**

Covid-19 is a highly infectious respiratory disease caused by the SARS-Cov-2 virus. It is spread via infected respiratory secretions. Being in close contact (face to face) with an infected person for over 15-minutes per day, or in an enclosed area for over 2 hours significantly increases the risk of infection. Although Australia has come through the first wave of infection with minimal cases, there will still be a high ongoing risk of a second wave of infection, particularly during the winter months due to increased viability of the virus in colder weather, combined with a decreased immune response of those challenged with the virus during these months (especially if their vitamin D levels are low or they have other health issues).

## **2. Objectives of this plan**

- Maximise coach and player knowledge regarding Covid-19.
- Reduce the risk of exposure to the SARS-Cov-2 virus.
- Management of a suspected or confirmed positive case of Covid-19.
- Encourage players to maintain a healthy immune system.

## **3. Maximising Coach and player knowledge regarding Covid-19**

- Regular communication with members with any Covid-19 updates.
- Encourage coaches to complete online infection control training.
- Communicate via social media and email to all members the required hygiene protocols as set out in the returning to training framework supplied by Hockey WA
- Encourage members to download the Covid safe App

## **4. Reducing the risk of exposure to the SARS-Cov-2 virus**

Covid-19 infection occurs via exposure of the mucous membranes of the upper respiratory tract to the SARS-Cov-2 virus. The risk of contracting Covid-19 is greatest via the following 3 methods: direct contact with and infected person; inhalation of droplets shed by an infected person; and indirect infection via contact with an infected surface and then contact with the face.

- Reducing the risk of an infected member attending training:
  - Ensure all members have completed the required health questionnaire and are aware that they must not attend training if they are ill at all (even if not Covid-19).
  - Remind players of their obligations in at each training session.
  - No spectators to be in the hockey stadium whilst training session in place.
- Reducing the risk of infection via direct contact with an infected person:
  - Encouraging players to maintain social distancing. Use hand washing and sanitiser stations upon entering and exiting of Hockey stadium
- Reducing the risk of infection via droplet inhalation:
  - Reduce overall face to face time. Keep before and after training session briefings to a minimum.
  - Maintenance of 1.5m minimum separation on and off the field while training
  - Club to provide tissue boxes on sidelines to strongly discourage spitting on the turf. Players to dispose of tissues immediately and then use the hand sanitiser station again.
  - Structure training sessions to minimize close contact.

- Reducing the risk of infection via touching infected surfaces:
  - Encourage players to come fully dressed and ready to commence training as no change room facilities will be available.
  - Encourage players to come with a full water bottle rather than use stadium water to refill.
  - Limit use the use of training cones, if they are required coach to put out and collect and then sanitiser after the training session. Hockey balls to be collected by coach and sanitised after each training session.
  - Discourage direct hand contact with public surfaces (especially stainless door handles and taps, plus tables and benches etc.), and encourage frequent hand hygiene (washing with soap and water or rubbing with alcohol-based gel).
  - Encourage hygienic cough/sneeze etiquette.

#### **5. Management of a suspected or confirmed case of Covid-19**

- Anyone with any of the following is excluded from entering a training session.
  - Recently returned from overseas (within last 14 days); or had close contact with someone who has;
  - Having a close contact with either confirmed Covid-19 or any flu-like symptoms;
  - Any of the Covid-19 symptoms themselves.
- Any player reporting the onset of any potential Covid-19 symptoms whilst at training should be treated as a potential positive case. Note that the first symptom may be shortness of breath, so anyone displaying a higher than expected shortness of breath following a set should be treated as a potential positive case. The coach and stadium should immediately be notified. The player must be isolated and treated as a potential positive case as per hockey regulations. Ensure the player contacts their health provider or the Covid-19 hotline (1800 020 080) to arrange to be tested. Ensure that the club Covid-19 Liaison Officer is notified (Alan Cartledge 0413967601).
- If any member notifies the club that they have tested positive, follow Health Department instructions regarding contact tracing and isolation. Ensure both the Bunbury Hockey Stadium and Hockey WA are notified (including reporting any risk to other players).

#### **6. Encourage players to maintain a healthy immune system**

A person will become infected with the SARS-Cov-2 virus if their upper respiratory tract is challenged with a viral load greater than their primary (non-specific) immune system can handle. Maintaining optimum immune health is therefore also very important. To achieve this:

- Maintain your aerobic fitness without putting your body under too much stress for too long;
- Eat a healthy diet (lots of fibre, fruit and vegies and not too much fat, sugar or alcohol);
- Get a little bit of sun each day or take vitamin D supplements if you never go out in the sun;
- "Listen to your body"... If you are tired – rest;
- Immunise appropriately to provide defence against known serious pathogens (eg. Get the flu shot around mid-Autumn each year unless your GP advises you otherwise);
- Laugh every day to reduce your stress levels!