

Somerville Hockey – Level 2 Training Protocol

Outlined below is Somerville Hockey Club's training protocol under level 2 lockdown from May 14th until advised otherwise by the Club Executive. This protocol is developed based on advice from Hockey NZ and Auckland Hockey Association. This will be reviewed on a daily/ weekly basis as required during the next few weeks as we transition into the new normal for club sport. Please work with us to ensure we keep each other safe and enable as many of our club members to benefit from playing some sport at this stage. If you have any comments, questions or concerns please discuss with Simon Norton, Somerville Coaching Director who will be based at AGS turf on practice nights.

Training Protocols for Level 2 AGS turf

1. Please stay home if you have
 - a. Any signs or symptoms of a cold (e.g. fever, runny nose, cough, sore throat). This will include coaches, managers and any support staff.
 - b. Been in contact with anyone who has tested positive for covid as advised by the Auckland regional Public Health Service (ARPHS).
 - c. Been advised by your workplace or ARPHS that you must self-isolate due to an exposure risk.
2. Please arrive at practice at the scheduled time of practice, i.e. don't come early to practice to limit the number of players on the sideline waiting. If you are ride sharing the onus is on you to record that for contact tracing purposes.
3. Hand sanitizer will be available at the entrance to the turf, you should use this on entry and exit of the turf.
4. Please touch only your own equipment, ensure mouth guards remain in your mouth when on the field, collect balls with sticks and do not touch the cones.
5. Please don't share your water bottles with other players
6. Only players and coaches can enter the playing area i.e. turf.
7. The facilities (toilet, changing room) will remain closed. You are advised not to use the water tap at the turf. Bring your own full water bottles and go to the bathroom prior.
8. To limit 'lingering' please where practical be ready to train ie shin guards in etc and leave your belongings in the car.
9. We are working with ¼ turf per 10 people groups, your team is split into 2 groups of less than 10 prior to training, with your coach managing from the centre.
10. Please leave the turf in a timely manner after your training and don't linger, leave walkways free. Your team **MUST** leave the turf before the next team will be allowed to enter therefore coaches will need to make sure drills are finished at the expected finish time.
11. **Contact tracing:** For purposes of contact tracing, we are using IDMe that has been made available by sporty.co.nz for all community sports teams in New Zealand. You will need to **log in to: idme.co.nz** and **register to create your personal QR code**. Please do this before you turn up to your first practice. Save your personal QR Code on your phone home screen. You only have to do this once. When you arrive for training, bring your phone & check in. Scan your personal QR code or touch 'click here for manual sign in' and add Somerville's code **IHDOO** (this is all letters, no numbers). If you don't want to bring a phone to training, print out a copy of your personal QR code and bring that. By turning up to practice, you agree that Somerville Hockey can collect your personal information for the purpose of meeting its obligations to contact trace. Somerville Hockey agrees to use the information collected solely for this purpose. All information will be automatically deleted by Sporty.co.nz one month after it has been generated.

Managers & Coaches

- You are responsible for ensuring that all players are signed in at each training or game.
 - We suggest you should use a team app like teamstuff which also allows players to indicate if they are attending, it will also help you know if you have more than 10 coming to training.
 - Those teams that are not operating with a team App must manually record attendance for the session. This will help us to verify with you that our contact tracing system is working as we may do checks with you.
 - We are working to a maximum of 10 per ¼ turf and suggest you split the team in half before training and manage both groups from the centre of your half field. Your drills should ensure player contact is kept to a minimum until advised otherwise.
 - Coaches please limit the handling of cones and other equipment to yourself.
- Due to hygiene guidelines there will be NO BIBS. Coaches are required to keep to "follow and flow" exercises at training for the next 2 weeks.

Please note

Somerville Hockey Club is endeavouring to ensure the environment is as safe as possible for your return to sport. If you do not feel this meets your requirements, you may choose to stay away from practice at this stage. Please ensure you notify your coach and/or manager.

Be safe ... be considerate