

COVID-19 Manning Valley Hockey Association: Guide for Clubs to prevent the spread of infection at hockey training and games

What additional precautions are we taking at Manning Valley Hockey Association Venues?

- Player and volunteer screening for everyone prior to training, playing and volunteering in the canteen/ bar. This will consist of having your name recorded and answering 3 simple questions.
- Increased cleaning of high touch areas within the clubhouse, bathrooms and canteen bar areas.

How can I protect myself?

We need to be extra mindful of practicing good hand and personal hygiene to help prevent the spread of infection.

The best way to protect yourself and others is the same as any respiratory infection:

- Practice good hand hygiene and clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand rub.
- Cover your nose and mouth when coughing and sneezing with tissue or a flexed elbow.
- Avoid close contact with anyone with cold or flu-like symptoms.
- Stay home if you are sick and contact your team manager/ coach or club Covid representative.
- Do not share drink bottles and ensure all your equipment is cleaned.
- Avoid touching your face
- Practice Social Distancing
- Wear clean clothes to work every day.

At no time are players, volunteers, spectators or family members with flu like symptoms to come to the Hockey centre.

How do I practice social distancing at hockey games?

Follow the simple guideline come, play or train, leave.

- Stop hand shaking as a greeting prior to or after games.
- Allow sufficient time for all previous game participants to leave the dugout area before entering the turf
- Do not hold team huddles or meetings during training, pre, during or post-game, unless all members are appropriately spaced.
- Clean and disinfect high touch areas in the dugout when leaving
- Do not share food or drink bottles.