

# WYB Field Hockey Covid-19 Restart Plan & Protocols

## 1. Team Equipment:

- a. Five sets of coach equipment to be sanitized by director then distributed to coaches for the season:
  - i. Sanitize with hard surface disinfectant: cones, balls, first aid kit, extra sticks
  - ii. Sanitize with high heat laundry cycle: pennies
  - iii. Sanitation supplies and masks (coaches may also use their own)
- b. Pennies to be distributed to each player for the season rather than collected after each practice and returned at the end of the season.
- c. Each goalkeeper equipment set will be fully sanitized by the GK coach prior to distribution to the keepers for the season. Frequent sanitation is strongly encouraged. Redistribution will be avoided if possible. A full sanitation cycle will occur any time a GK set is redistributed.
- d. Sanitation:
  - i. Spray bottles of liquid hand sanitizer. Coaches to encourage sanitizing before practice, during water breaks, after contact and at the end of practice.
  - ii. Hard surface disinfectant. All equipment planned to be used during practice must be disinfected before and after by coach, including the goal cage posts.

## 2. Participant equipment:

- a. Participants will label their own personal equipment and use only their designated equipment. All participants will be encouraged to bring minimal equipment to the field.
- b. Participants will be assigned a place along the sideline to keep their equipment and must maintain a set distance from other player's equipment. Younger athletes may leave their equipment with parents.
- c. Participants must come prepared with their own water bottle(s) to sustain them for the entire event. No use of communal water sources.

## 3. Field usage:

- a. All requirements of the field permits, including social distancing, will be clearly communicated to participants and strictly enforced. Director, coach or official may warn individuals in the event of non-compliance. Further non-compliance may result in the individual being asked to leave.
- b. Orange buckets labeled with team/group name will serve as entrance/exit guide for players.
- c. Required [signage](#) will be present.
- d. Bathroom facilities and bleachers will remain closed.
- e. At least 15 minutes between field usage.
- f. Anyone arriving prior to designated start time should remain in the vehicle until the other group has vacated the area.

## 4. Practices:

- a. Participants and coaches must conduct daily symptom assessments. Anyone experiencing

symptoms must stay home.

- b. All equipment planned to be used will be disinfected before and after by coach, including the goal cage posts.
  - c. Six-foot social distance must be maintained between individuals except when on the field.
  - d. Physical contact is only permitted within the rules of the game during competitive practice. Players, coaches, and officials are not to physically contact each other before or after competitive practice (i.e. greetings, team huddles, high-fives, congregating, etc.).
  - e. Limit time spent on activities where players are in close proximity for extended periods of time (e.g. repeatedly practicing defensive penalty corners).
  - f. No congregating before or after practices or games is permitted.
  - g. Whenever possible, use small groups that remain together through practice stations rather than mixing groups for station to station.
  - h. Coaches to encourage hand sanitizing during water breaks, after contact and at the end of practice.
  - i. Players will be required to wear face coverings upon arrival and departure and during team meetings, not when engaged in field hockey activities.
  - j. Coaches will wear face-coverings during team meetings and when within 12 feet of players.
  - k. If a participant gets injured, the head coach should be the only to assess the participant initially. A family member of the injured player may also be asked then to come and assess. If medical assistance is needed and a first responder is present, they may be admitted to assist with the incident as needed. Proper PPE and sanitation should be completed after the injury is cleared.
5. Games and outside competition are currently not permitted for contact sports like field hockey, per ODH. If allowed to resume competition, it will likely look like this:
- a. All protocols for practices, plus:
  - b. Social distancing with officials
  - c. Designated spectator zones
  - d. Sanitizing game day equipment (scoreboard, team benches, etc)
  - e. Reviewing protocols with opponent 1 week in advance and communicate these to team
  - f. Provide (or receive from opponent if hosting) health check report 1 day in advance
6. Spectators:
- a. Spectators must conduct daily symptom assessments. Anyone experiencing symptoms must stay home.
  - b. Six-foot social distancing must be maintained between individuals.
  - c. No congregating before or after practices or games is permitted.
  - d. Participants are encouraged to limit the number of spectators.
  - e. Spectators are encouraged to bring their own chair or blanket - bleachers will remain closed.
  - f. Spectators are responsible for picking up their area and disposing of any trash.
  - g. Spectators are not permitted in the team area or on the field.

- h. Spectators must wear face coverings at all times except when facial coverings are not advisable for health reasons or there is a functional (practical) reason to not to wear a facial covering.

7. Training & Communication:

- a. Director to provide detailed in-person training to ALL 8 COACHES.
  - i. Review of protocols
  - ii. Sanitizing instructions
  - iii. Mask requirements
  - iv. Guidance on how to:
    - 1. design practice plans
    - 2. Limit shared resources
    - 3. maintain the 6ft. Social distancing as much as possible
    - 4. use small groups in practices
- b. All participants and their families will be provided with detailed information on COVID requirements in downloadable and printable format:
  - i. WYBFH plan and requirements (a condensed version of this document)
  - ii. Field Permit protocols, if applicable
  - iii. Self-assessment sheets and instructions for handling
  - iv. [WYB covid letter](#)
  - v. [CDC sanitation instructions](#) & [self care guidelines](#)
  - vi. [ODH contact sport protocols](#)

8. Health Checks and Confirmed Cases

- a. Players/Coaches all must sign in prior to beginning of activities
  - i. Each member must identify that they are symptom-free and have been for at least 48 hours prior to the event
  - ii. Home temperature checks are encouraged
- b. If any team member exhibits COVID symptoms:
  - i. Must be immediately removed and parents/guardians notified.
  - ii. Notify the field hockey director immediately.
  - iii. Immediately isolate and seek medical care.
  - iv. Contact the local health department about suspected cases or exposure.
  - v. Individuals are not permitted to return for a minimum of 14 days and must have a physician's note.