



HOCKEY WALES
HOCI CYMRU

July 2020

HOCKEY WALES RETURN TO PLAY MODEL

HOCKEY ACTIVITY RETURN PHASES

RETURN TO PLAY MODEL: ACTIVITY CATEGORIES

Since COVID-19 has presented us with significant challenges, a strategic return model has been purpose-built in order to help the hockey community in Wales meet these challenges. Based on categories of hockey activity, the best case scenario will see us move through the categories one by one in phases. Other scenarios might see us move back into lockdown and back to improvised activities. We all hope this will not be the case, but the model and plans behind it must be flexible enough to allow for just such a scenario. The model has no start or end dates for any activity/phase, nor does it set any timeframes for them. The course of the virus and subsequent Government regulations at any given time will be the key factors determining when and what activities can and cannot be done. During this pandemic, it is possible that we will have different cities, areas or clubs doing different hockey activities at the same time dependent on a whole series of conditions. The activities/phases are:

- Improvised hockey activities
- Non-contact hockey activities
- Adapted contact hockey activities
- New normal hockey activities

At all times, national organisations, clubs and coaches will need to remain flexible. As a club, you might find that you move back and forth between the categories dependent on the course of the virus and subsequent Government regulations.



IMPROVISE

PHASE 1 IMPROVISE

The aim: to maintain your readiness for a return to non-contact hockey in phase 2.

The objectives are to work on as many technical skills as is possible in your situation and to maintain your general fitness

Infrastructure

- Hockey pitches and facilities shut
- Improvise use of home/garden and outdoor spaces

Protocols

- Individual training or training with people from your household
- Strict social distancing rules apply
- Strict hygiene protocols in line with guidelines

Pre-training

- COVID Check: Players should only be outside if they can confirm no symptoms of COVID-19 for the past 14 days.
- Player prep: include water bottle, towel and sanitising gel
- Travel: If permitted by Govt, only with people from your own household and no further than permitted distance. Avoid public transport.
- Alert level check: Go to Joint Biosecurity centre webpage to check latest alert level

Training

Social media and team platforms: Maintain regular contact with your school, club, university and, if you're an international, Hockey Wales.

Strength and Conditioning: There is no way of knowing how long you might be kept in this phase. Aim to maintain your general fitness whilst avoiding injury. Your school, club, university and/or Hockey Wales (if you're an international) will be a source of programmes, but there are also numerous online options. Consider Strava to monitor your training.

Things to consider:
Remember your objective here is to maintain your general fitness for hockey and to avoid injury.
Do things you enjoy.
Vary the intensity and type of training you do.
Be very wary of doing too much distance running (anything over 5km). Use interval training and use different types of cardio training like cycling and rowing

Look after yourself in terms of your mental health and sleep. Review the NHS website for guidance.

Technical skills: if possible, take on some of the many 'challenges' available. Aim also to work on passing, stick on ball, rebounds, 3D skills

NON-CONTACT

PHASE 2 NON-CONTACT

The aim: to develop readiness for a return to adapted contact hockey

The objectives: work on as many non-contact technical skills as possible and develop your hockey-specific fitness

Infrastructure

- Appoint COVID-19 officer
- Hockey facilities and pitches start to re-open
Develop new Normal Operating Procedures

Protocols

- PPE protocol (if required by Govt)
- Symptom/attendance questionnaire
- Temperature check (if required by Govt)

Pre-training

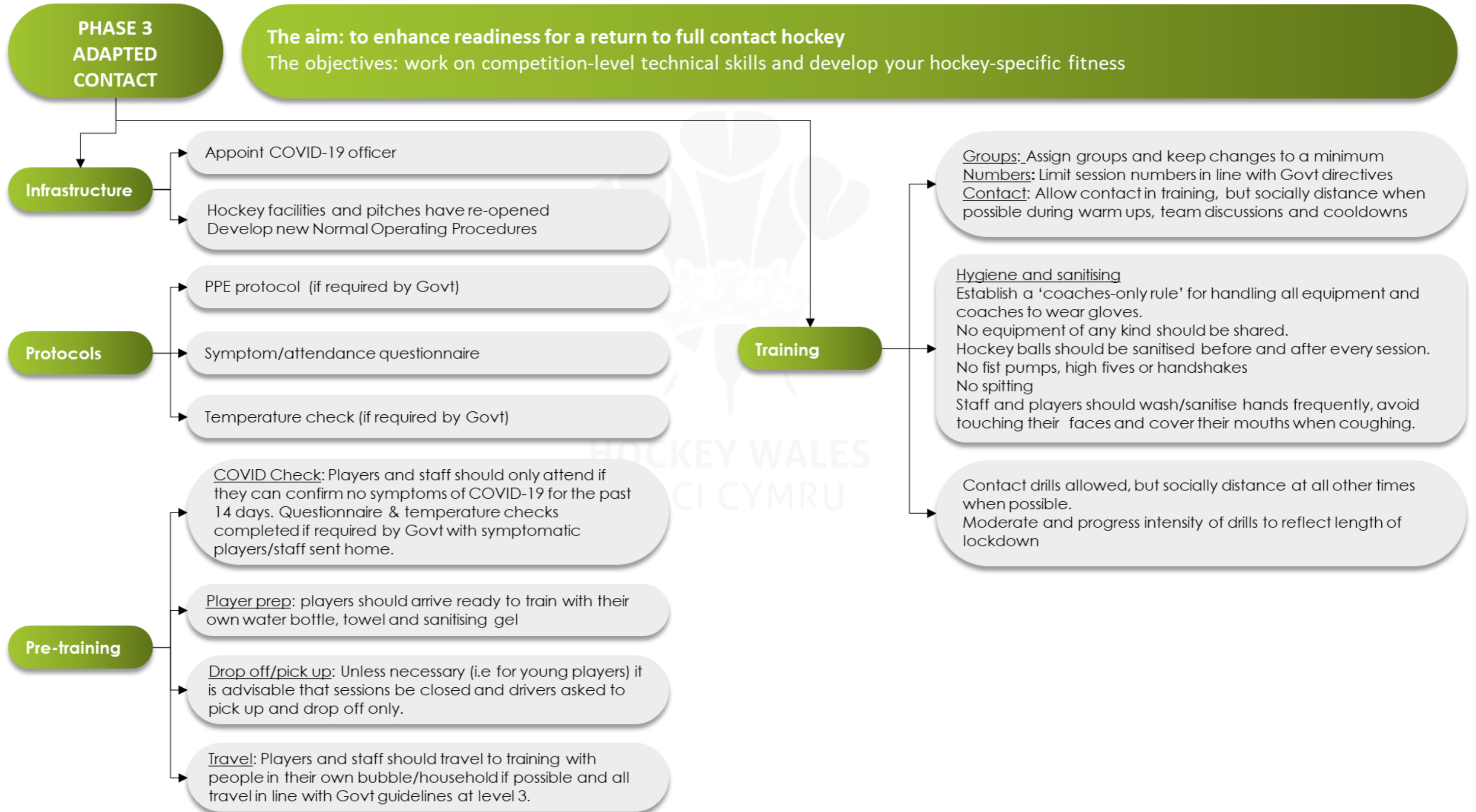
- COVID Check: Players and staff should only attend if they can confirm no symptoms of COVID-19 for the past 14 days. Questionnaire & temperature checks completed if required by Govt with symptomatic players/staff sent home.
- Player prep: players should arrive ready to train with their own water bottle, towel and sanitising gel
- Drop off/pick up: Unless necessary (i.e for young players) it is advisable that sessions be closed and drivers asked to pick up and drop off only.
- Travel: Players and staff should travel to training with people in their own bubble/household if possible and all travel in line with Govt guidelines at level 3.

Training

Groups: Assign groups and keep changes to a minimum.
Numbers: The numbers allowed to exercise together will vary over time. Please refer to current Govt guidelines.
Contact: None

Hygiene and sanitising
Establish a 'coaches-only rule' for handling all equipment and coaches to wear gloves.
No equipment of any kind should be shared.
Hockey balls should be sanitised before and after every session.
No fist pumps, high fives or handshakes
No spitting
Staff and players should wash/sanitise hands frequently, avoid touching their faces and cover their mouths when coughing.

Non-contact drills
Moderate and progress intensity of drills to reflect length of lockdown



**ADAPTING TO
COVID-19**



Return to play model
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