



**Sydney Uni**  
Hockey Club

## *Return to Training Guidelines*

**ALL GUIDELINES ARE TO BE ADHERED TO AT ALL TIMES**

**Bruce Pryor Hockey Pitch is able to operate training sessions with up to 10 people per half.**

### **Guidelines while training:**

1. No mixing or swapping of participants between groups of 10 at any time
2. Coaches are included in the 10-person total
3. No sharing of equipment (i.e. sticks, shin pads, goal keeping equipment, bibs, protective equipment such as face masks).
4. Train at your designated session time with your designated coach
5. Maintain social distancing of 1.5m from other players and coaches (i.e. do not shake hands or 'high five')
6. Skills training only (i.e. flow drills, goal shooting and passing). No close contact or match play
7. **“Get in, train, get out”** mentality: participants to arrive at Bruce Pryor, train with their nominated coach and then leave without interacting with other groups. No spectators permitted.

### **The club requests that members adhere to the following hygiene practises:**

- Do not attend training if you feel unwell and are experiencing symptoms such as cough, sore throat, fever, fatigue or shortness of breath
- Arrive ready to take the field. Be prepared and dressed prior to arrival at Bruce Pryor Hockey Pitch. There will be no access to the change rooms
- All players and Coaches are to use the hand sanitiser provided at the entry gate, **BEFORE** and **AFTER** every session. All participants are encouraged to bring their own hand sanitiser
- Every coach will have their own set of training equipment (i.e. balls and cones). Do not touch the hockey balls with your hands
- Players must have their own drink bottles, bring your own full bottle and no sharing of bottles. Water fountains will remain open for water bottle refilling only (no bubblers)
- No spitting permitted.

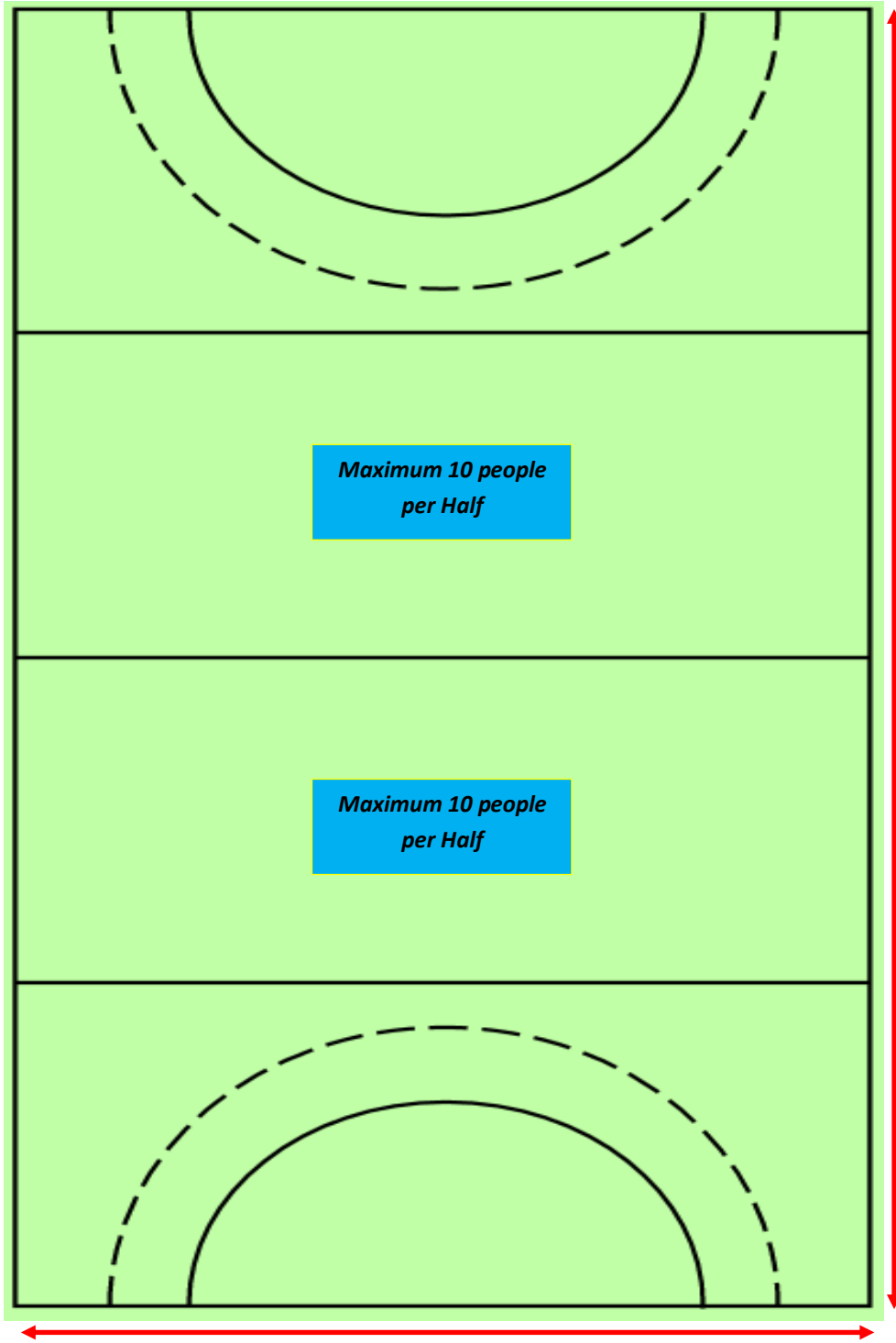
### **Additional Recommendations:**

- All participants are strongly encouraged to download the Australian Government's CovidSafe App
- To help minimise the spread of the common influenza we encourage all participants to have a flu shot prior to commencing training and games
- Players should practise **social distancing on public transport** and **minimise carpooling** to training and games, where possible
- **Juniors and players under 18 may be accompanied by one adult.** Parents are encouraged to wait in their cars

*These guidelines have been prepared with reference to the SUSF Terms and Conditions, Hockey NSW Covid Safe Plan and the AIS Framework for Rebooting Sport.*

# NO SPECTATORS PERMITTED

Field entry  
Hand sanitiser  
station



55m

91.4m

Water Station.  
Refill water  
bottles ONLY.

Total: 5,027 square metres