

FIELD HOCKEY ONTARIO RETURN-TO-TRAIN GUIDELINES – VERSION 3

What's Inside:

This document has been prepared by Field Hockey Ontario (FHO) based on the latest information available to date from third-party sources, and is intended as a guideline to help the Ontario field hockey community safely and effectively prepare for a return to the field as COVID-19 related restrictions begin to be lifted across the province.

This document will be updated periodically as the COVID-19 pandemic situation evolves and more information becomes available. This document is not a legal document and is not a substitute for actual legislation or public health orders.

New updates have been indicated throughout the document. Version 3 updates are aimed to help align FHO's Return-to-Train Guidelines with the Government of Ontario's colour-coded COVID-19 Response Framework

This document is updated as of March 4th, 2021



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Disclaimer

This document has been prepared by Field Hockey Ontario (FHO) based on the latest information available to date from third-party sources, including the World Health Organization (WHO), the Government of Canada, the Government of Ontario, local municipalities and regions, local public health units and authorities, facilities used for field hockey, the International Hockey Federation (FIH), Field Hockey Canada (FHC), Own-the-Podium (OTP), and the Canadian Sports Medicine Advisory Committee. This document will be updated periodically as the COVID-19 pandemic situation evolves and more information becomes available. This document is not a legal document and is not a substitute for actual legislation or public health orders.

The purpose of this document is to provide information and guidance on best practices based on current information and research, specifically in regards to Field Hockey Ontario's Return-to-Training (RTT) Stages 2 and 3. Each Field Hockey Ontario club is responsible for assessing the risks in their training environments and establishing the appropriate safety procedures to minimize those risks, while following the guidance of public health and government authorities. It is highly recommended that clubs complete proper risk assessment, implement protocols and procedures to ensure participant safety, and create a written plan for any programming moving forward into the "new normal" during this time of COVID-19. Under the Government of Ontario's colour-coded COVID-19 Response Framework, all clubs, regardless of what level/colour they are operating in, must have a COVID-19 Safety Plan implemented and visible, and must be prepared to present this safety plan as requested by public health authorities and inspectors.

It is an individual's responsibility for assessing their own personal risks in consultation with medical professionals and for the outcome of their decisions and actions.

Field Hockey Ontario understands and supports clubs that choose not to return to the field, and participants that chose not to play or participate at this time. These clubs and participants will not be penalized in any way.

UPDATE

At this time (March 4th, 2021), the Government of Ontario has implemented a colour-coded COVID-19 Response Framework. Different regions are in different levels/colours, and region statuses can change quickly in the event of concerning public health trends, due to the "emergency brake" that allows the provincial government and chief medical officer to move a region into lockdown.

It is important to remember that this does not mean a return to "normal" field hockey, as there are still restrictions in place that apply to sporting contexts, and restrictions can change based on a region's status/colour.

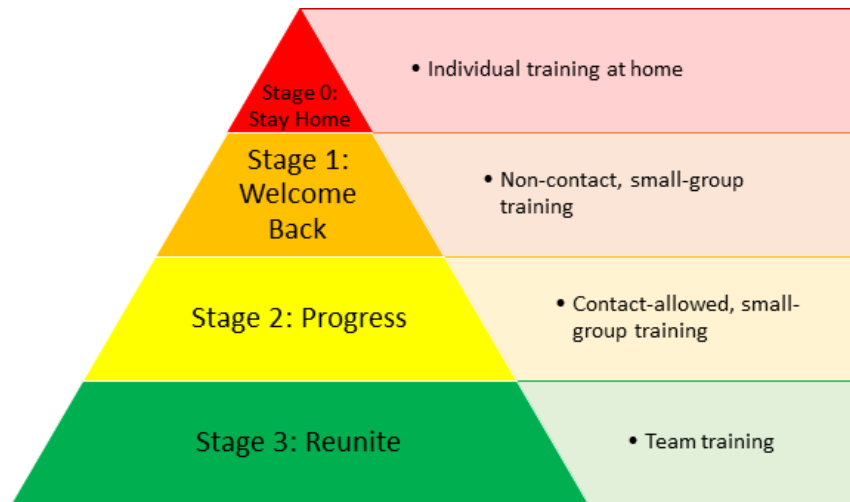
Aligning the Framework's: Ontario's COVID-19 Response Framework & Field Hockey Ontario's Return-to-Train Framework (UPDATED)

Event organizers and sport organizations must comply with any regulations and restrictions that are in place in the region where the event is scheduled to take place. Event organizers and clubs should familiarize themselves with each colour-coded level of Ontario's COVID-19 Response Framework and have event contingency plans in place in the event that a region changes status before the event is held. As the COVID-19 pandemic is constantly changing, event organizers and clubs must stay up-to-date on the region's status and any changes to the Ontario COVID-19 Response Framework.

Different levels have different restrictions/regulations in place. Some levels may prohibit certain events or activities from even taking place (for example, games and scrimmages are not permitted in regions that are in **Red-Control** or **Grey-Lockdown**). An additional consideration is which regions participants will be travelling from in order to attend the event/activity. Some public health units have stated that travelling athletes must come from a colour-coded region equivalent to the region they are travelling to or improved (ie. if the event is in a **Yellow-Protect** region, only participants from **Yellow-Protect** or **Green-Prevent** regions will be permitted to travel to the event. Participants from **Orange-Restrict**, **Red-Control**, and **Grey-Lockdown** **will not be** permitted to attend the event). The Government of Ontario has also indicated it will apply an "emergency brake" should COVID-19 case levels and other metrics indicate concerning community spread. This emergency brake has already been utilized in Simcoe-Muskoka region due to a rapid increase in concerning public health trends, and is a reminder that we must continue with all COVID-19 preventative measures. Event organizers should be prepared for changes to a region's colour-coded level and any additional restrictions.

Under the current Ontario COVID-19 Response Framework, regardless of what level/colour the region an event/activity is operating in, a COVID-19 Safety Plan is mandatory. Having a COVID-19 Safety Plan implemented and posted is a requirement for all organizations operating during the COVID-19 pandemic in Ontario, no matter what zone the region you are training in is in. Also consider where your participants (coaches and athletes) are coming from (ie. different regions could be in different levels of restrictions). This safety plan should also be distributed to all participants within your sporting organization, including athletes, parents, coaches, and any other support staff. Public health officials and facilities may request to see your COVID-19 Safety Plan at any time. Failure to provide a COVID-19 Safety Plan could result in significant fines from regional public health or bylaw officials. Field Hockey Ontario is not responsible for approving any club COVID-19 safety plans.

Field Hockey Ontario's Return-to-Training Framework



How Do the Frameworks Match-Up? (UPDATED)

For more information on what restrictions are in place for each level, please consult the applicable Ontario Regulation:

Provincial COVID-19 Response Level	Government of Ontario Regulation	FHO Return-to-Train Stage
Grey – Lockdown	Ontario Regulation 82/20	Stage 0: Stay Home (individual training @ home)
Red – Control	Ontario Regulation 263/20	Stage 1: Welcome Back (non-contact, small group training)
Orange - Restrict	Ontario Regulation 364/20	Stage 2: Progress (contact-allowed, small-group training & Stage 3: Reunite (team training)
Yellow – Protect		
Green - Prevent		

Required Safety & Public Health Measures for Sports & Recreation (from Government of Ontario COVID-19 Response Framework) (UPDATED)

Green/Prevent	<ul style="list-style-type: none"> • Maintain 2 metres physical distancing, unless engaged in a sport • Capacity limits per venue, where physical distancing can be maintained: <ul style="list-style-type: none"> ○ 50 people indoors or 100 people outdoors in classes ○ 50 people indoors in area with weights or exercise equipment ○ 50 spectators indoors or 100 outdoors • Capacity limits apply on a per-room basis if operating in compliance with a plan approved by the Office of the Chief Medical Officer of Health • Team or individual sports must be modified to avoid physical contact; 50 people per league • Exemptions for high performance athletes and parasports • Limit volume of music to be low enough that a normal conversation is possible; measures to prevent shouting by both instructors and members of the public • Face coverings required except when exercising or playing sports
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	<ul style="list-style-type: none"> • Patron screening (passive) • A safety plan is required to be prepared and made available upon request
Yellow/Protect	<ul style="list-style-type: none"> • Maintain 2 metres physical distancing, unless engaged in a sport • Increase spacing between patrons to 3 metres for areas of a sport or recreational facility where there are weights or exercise equipment and in exercise and fitness classes • Capacity limits per venue, where physical distancing can be maintained: <ul style="list-style-type: none"> ○ 50 people in indoor classes, however each indoor fitness or exercise class can only have a maximum of 10 people and must take place in a separate room or ○ 100 people in outdoor classes, however each outdoor fitness or exercise class can only have a maximum of 25 people ○ 50 people indoors in areas with weights or exercise equipment ○ 50 spectators indoors or 100 outdoors • Patron screening (passive) • Capacity limits apply on a per-room basis if operating in compliance with a plan approved by the Office of the Chief Medical Officer of Health (Guidance for Facilities for Sport and Recreational Fitness Activities During COVID-19) • Team or individual sports must be modified to avoid physical contact with an exemption for high performance athletes, including parasport athletes, and professional leagues; maximum 50 people per league • Exemptions for high performance athletes and parasports • Limit volume of music to be low enough that a normal conversation is possible; measures to prevent shouting by both instructors and members of the public • Face coverings required except when exercising or playing sports • Require contact information for all members of the public that enter the facility • Require reservation for entry; one reservation for teams • A safety plan is required to be prepared and made available upon request
Orange/Restrict	<ul style="list-style-type: none"> • Maintain 2 metres physical distancing, unless engaged in a sport • Increase spacing between patrons to 3 metres in areas where there are weights or exercise equipment and in exercise and fitness classes • Capacity limits, where physical distancing can be maintained: <ul style="list-style-type: none"> ○ Maximum of 50 people total in indoor areas with weights and exercise machines and all indoor classes, however each indoor fitness or exercise class can only have a maximum of 10 people and must take place in a separate room, or ○ 100 people in outdoor classes, however each outdoor fitness or exercise class can only have a maximum of 25 people ○ No spectators permitted, however each person under 18 may be accompanied by one parent or guardian • Screening of patrons is required, in accordance with instructions issued by the Office of the Chief Medical Officer of Health

	<ul style="list-style-type: none"> • Team or individual sports must be modified to avoid physical contact; 50 people per league • Exemptions for high performance athletes and parasports • Patrons may only be in the facility for 90 minutes except if engaging in a sport • Limit volume of music to be low enough that a normal conversation is possible; measures to prevent shouting by both instructors and members of the public • Face coverings required except when exercising or playing sports • Require contact information for all members of the public that enter the facility • Require reservation for entry; one reservation for teams • A safety plan is required to be prepared and made available upon request
Red/Control	<ul style="list-style-type: none"> • Maintain 2 metres physical distancing at all times • Increase spacing between patrons to 3 metres in areas where there are weights or exercise equipment and in exercise and fitness classes • Capacity limits, where physical distancing can be maintained <ul style="list-style-type: none"> ○ 10 people in indoor areas with weights and exercise machines ○ 10 people in all indoor classes or ○ 25 people in outdoor classes ○ No spectators permitted, however each person under 18 may be accompanied by one parent or guardian • Team sports must not be practiced or played except for training (no games or scrimmage) • Activities that are likely to result in individuals coming within 2 metres of each other are not permitted; no contact permitted for team or individual sports • Exemptions for high performance athletes and parasport • Patrons may only be in the facility for 90 minutes except if engaging in a sport • Limit volume of music to be low enough that a normal conversation is possible; measures to prevent shouting by both instructors and members of the public • Face coverings required except when exercising • Require contact information for all members of the public that enter the facility • Require reservation for entry; one reservation for teams • Screening of patrons is required, in accordance with instructions issued by the Office of the Chief Medical Officer of Health • A safety plan is required to be prepared and made available upon request <p><u>Additional advice for Red–Control</u></p> <ul style="list-style-type: none"> • Trips outside of the home should only be for essential reasons (work, school, groceries/pharmacy, health care, assisting vulnerable individuals or exercise and physical activity) • Families should not visit any other household or allow visitors in their homes – people who live alone can gather with one household

	<ul style="list-style-type: none"> Everyone should avoid social gatherings
Grey/Lockdown	<ul style="list-style-type: none"> Facilities for indoor or outdoor sports and recreational fitness activities are closed except for: <ul style="list-style-type: none"> The sole use of high performance athletes including parasport athletes, and specified professional leagues (for example, NHL, CFL, MLS, NBA) Specified purposes (for example, day camps, child care) Outdoor recreational amenities (for example, ice rinks, ski hills, snow trails) open with restrictions (for example, no team sports) Community centres and multi-purpose facilities (for example, YMCA) allowed to be open for permitted activities (for example, child care services, day camps, social services) <p><u>Additional advice and measures for Grey–Lockdown</u></p> <ul style="list-style-type: none"> Trips outside of the home should only be for essential reasons (work, school, groceries/pharmacy, health care, assisting vulnerable individuals or exercise and physical activity) No indoor organized public events and social gatherings are permitted, except with members of the same household – people who live alone can gather with one household

For more information on Ontario’s COVID-19 Response Framework, visit

<https://www.ontario.ca/page/covid-19-response-framework-keeping-ontario-safe-and-open>

Background

The COVID-19 pandemic and current situation has impacted many aspects of our daily lives, including field hockey participation. At a time when we are usually spending a lot of time at the field with our teams, we now find ourselves at home, with changes to school, work, access to goods and services, social activities, and so much more. By adapting our lifestyles and activities during this time, we have all played a huge role in helping Canada control the spread of COVID-19.

COVID-19 was named a global pandemic on March 11th, 2020, after it spread worldwide from a novel outbreak of the virus that originated in Wuhan, China in late December 2019. COVID-19 is a viral infection caused by the severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2). COVID-19 is a primarily respiratory infection, affecting the nose, throat, and lungs.

COVID-19 is a highly infectious virus, spread through respiratory droplets from infected individuals, close physical contact with infected individuals, and touching surfaces/objects with the virus on them. There is currently no treatment or cure for COVID-19.

(UPDATED) Vaccines have been developed, and distribution of COVID-19 vaccines are underway. However, we must still continue to utilize infection prevention measures such as face masking, physical distancing, and frequent hand hygiene as we await widespread vaccination.

COVID-19 is most contagious in the first 3 days after symptom onset, but it is possible that it can be spread by an infected individual before symptoms appear (pre-symptomatic) and by individuals who do not show or experience any symptoms (asymptomatic). The time from exposure to onset of symptoms is usually 5 days, but can range from 2 to 14 days.

The majority of COVID-19 cases (~80%) are considered “mild” and symptoms experienced are often similar to the common cold or flu. Most of these mild cases can be managed at home with usual cold/flu self-treatments, and do not require further medical attention or hospitalization. Some individuals may not even know they have COVID-19, as some cases may be asymptomatic (individual experiences no signs or symptoms of COVID-19). However, it is important to note that these individuals have the potential to spread COVID-19 to other people. 13.8% of COVID-19 are considered severe and require hospitalization. 6.1% of COVID-19 cases require intensive care and experience life-threatening health episodes (respiratory failure, septic shock, organ failure). COVID-19 has an estimated mortality rate of 0.7%. “At-risk individuals” are considered at higher risk of experiencing severe COVID-19 symptoms, requiring hospitalization and potentially intensive care. These at-risk individuals include individuals over 65 years of age, immunocompromised individuals, and individuals with underlying medical conditions. Due to the nature of COVID-19, we must all do our part not only to protect ourselves, but also to protect our family and friends who may be at increased risk of severe outcomes.

(UPDATED) In addition, several variants of concern of COVID-19 have emerged in the past few months, which are more transmissible and could potentially cause more severe infection than the original COVID-19 strain. These variants are a reminder that we must continue to remain vigilant in preventing the spread of COVID-19 in our communities.

In response to the highly infectious nature of COVID-19, to protect vulnerable citizens, and ensure healthcare systems had the capacity to combat COVID-19, physical distancing measures, restrictions on social gatherings, working-from-home, and other measures have become our new norm here in Ontario

and the rest of Canada. Field Hockey Ontario and the field hockey community nation-wide and world-wide have been impacted as well.

Aims of Field Hockey Ontario Return-to-Training (UPDATED)

Field Hockey Ontario is committed to ensuring the health and safety of our members and their loved ones, especially in these unprecedented times during the COVID-19 pandemic. This document (Version 3) is building on Field Hockey Ontario's Return-to-Training Guidelines – Version 1 & Version 2, with specific recommendations and guidelines for clubs and members regarding the Government of Ontario's colour-coded COVID-19 Response Framework and as we await COVID-19 vaccine distribution to the general population.

Please note, despite different regions of Ontario being in different stages of “open”/restrictions and vaccine distribution occurring, this does not mean that we are returning back to pre-COVID “normal”. Physical distancing, daily screening, adhering to group gathering sizes, proper hand hygiene and respiratory etiquette, regular cleaning and sanitizing of equipment and surfaces, keeping attendance logs of participants, and wearing face masks in indoor areas or places where physical distancing is a challenge (and as required by regional/municipal by-laws), are still required, regardless of what colour/status your region is in, even in the sports setting, with exceptions to physical distancing requirements. In addition, all clubs/sport organizations must have a COVID-19 Safety Plan implemented and visible, and be prepared to present this safety plan in the event of a public health/bylaw inspection. Failure to comply with COVID-19 regulations could result in significant fines and other penalties.

It is important to remember that with this return-to-training, field hockey will be very different from what we are used to, and new protocols and restrictions will be in place. This process will require us to be creative and each club will face unique challenges as they navigate this new normal. It is important to remember that any return to on-field training must be done safely, rather than focusing on getting back into “game-shape”.

Due to the evolving nature of the pandemic and daily updates, we are unable to give specific timelines on when we will be able to return to “normal” field hockey (ie. without physical distancing measures, tournaments, travel). We are continuing to monitor the situation, and are staying up to date on recommendations from the World Health Organization, the Government of Canada, the Government of Ontario, local municipalities/regions, venues and facilities, International Hockey Federation (FIH), Field Hockey Canada, and the Canadian Sports Medicine Advisory Committee. We will continue to monitor the situation closely and make updates as necessary.

(UPDATED) Field hockey is considered a relatively high-risk sport in terms of COVID-19 transmission due to the necessity for close contact during play, the potential for physical body contact, and the fact that it is a team sport. As such, initial stages of return-to-training reflect strategies to reduce the potential for close contact. As clubs operate in **Orange**, **Yellow**, or **Green** – level regions, this close contact must still be minimized, however athletes will be permitted to come within 2-metres of another non-household individual for short periods of time during active participation in a training drill or activity. Physical distancing must still be maintained for all aspects of training sessions that do not directly involve participation in training activities/drills (ie. team meetings, drill explanations, warm-up) and by all non-participants/spectators. Physically distanced drills should still be incorporated into training sessions, rather than jumping straight into full training sessions without physical distancing considerations, to mitigate the risk of physical contact. **Clubs that are operating in Red-level regions must not permit any training activity or drill that brings participants within 2-metres of each other. Clubs must not operate in regions that are in Grey-Lockdown or Stay-at-Home.**

The return-to-training stages are all part of Phase 1 of the Return-to-Competition framework outlined by FIH in their [Guidelines for Safely Returning to Hockey in View of the COVID-19 Pandemic](#). Return-to-competition is currently being thought about and researched, however exact timelines and how this will look are not yet available. The current focus is on restarting on-field training, in some capacity, as deemed safe to do so by public health authorities and the provincial/federal government, and proper risk mitigation strategies are put in place. As we experienced in Ontario during the winter, lockdowns and interruption of sports programming are possible as the pandemic continues and evolves.

Clubs and participants must adhere to municipal, provincial, and federal regulations and recommendations, and follow local and provincial public health orders. Restrictions may be relaxed or increased based on COVID-19 numbers and potential outbreaks, public health orders, and government orders (federal, provincial, municipal). Facilities also have new procedures and protocols that permit-holders must adhere to when these facilities open back up for rentals. Some clubs and groups may be able to begin a return-to-train stage sooner than others. Rather than rushing to return to the field before being ready, it is important to ensure that each club is ready and prepared to welcome their athletes and staff back in a safe environment.

Please note, for the purpose of this document, “participants” are defined as an individual physically partaking in programming in some aspect. This includes athletes, coaches, umpires, officials, support staff (i.e. athletic therapist, physiotherapist, other medical staff, strength and conditioning coaches, etc.), safety officers, volunteers, and any other individual that is directly involved with programming delivery or is on-site at the training venue.

“Rules of Engagement”: Health & Safety Considerations for Participation and Programming

General Guidelines for All Participants:

- Follow government rules and guidance (federal, provincial, municipal, local & provincial public health units).
- Do not come to training or events if you are feeling sick. Anyone showing or experiencing signs and/or symptoms of COVID-19 will not be permitted to train or access the training environment.
 - All participants must be screened before being permitted to enter the training venue.
- If possible, arrive at training on your own, using private transportation (personal car, bike, walk)
 - If possible, avoid carpooling, public transit, taxis, and rideshares.
 - If you are unable to drive yourself, please have only 1 parent/guardian/family member that lives with you drive you to the venue. They will not be permitted into the participant-only zones (past the screening checkpoint) and must respect physical distancing at all times while on venue.
- Arrive shortly before training, ready to train.
 - Try to prepare yourself for training at home (training attire, washroom, equipment prep and check).
 - “Hanging out” will not be permitted. You will be asked to remain in your car until the screening area is ready to accept participants. Once you have passed the screening, you will be directed to a waiting area with proper physical distancing measures outside the field, until it is your turn to be permitted on the field.
- Follow all signs and directions for field entry, exit, and access.
- **(UPDATE)** 2-metre physical distancing must be observed at all times when participants are not actively engaged in a training activity or drill (**Orange-Restrict**, **Yellow-Protect**, **Green-Prevent** regions).
 - **Red-Control Regions: 2-metre physical distancing must be observed at all times, even during training activities/drills. Drills/activities that involve participants coming within 2-metres of closer of each other are not permitted in regions that are currently operating in Red-Control level.**
 - Regardless of what COVID colour/level a region is currently operating in, physical contact should be minimized as much as possible. Physical distancing must still be observed for all aspects of the training session/event that do not directly involve drill participation (including but not limited to: screening, entering & exiting the venue/field, waiting in line for drill reps, drill explanations, team meetings, training preparation, all spectators & non-athletes).
- Do not touch the ball with your hands. Use your stick or feet to retrieve balls.
- All participants are to practice proper hand hygiene:
 - Frequent hand-washing (minimum of 20 seconds),
 - Use hand sanitizer (containing at least 60% alcohol content) when hand-washing is not possible,
 - Avoid touching your face,
 - Hands must be disinfected before and after training, before and after touching your mouthguard, after touching any shared equipment, during all water-breaks, any time you leave and return to the participant-only zone(s).
- All participants are to practice proper respiratory etiquette:
 - Sneezing into your shoulder/elbow,

- Coughing into your shoulder/elbow,
- No spitting/clearing of throat (unless into a tissue/napkin that is properly disposed of in a secure container and proper hand hygiene performed after),
- Avoid clearing of nasal passages (unless into a tissue/napkin that is properly disposed of in a secure container and proper hand hygiene performed after),
- Washing your hands/using hand sanitizer after a respiratory incident (sneeze/cough/nose-blowing)
- Avoid physical contact celebrations. Refrain from handshakes, hugs, and high-fives. Instead, utilize stick-taps to show your excitement and sportsmanship.
- Avoid removing/adjusting your mouthguard unless you are in your designated “storage space”. Use hand-sanitizer before and after touching your mouthguard
 - Do not store your mouthguard in your sock, sports bra, pocket, or anywhere else on your body. It must be in your mouth during training activities.
 - Store your mouthguard in a closed container when you are not using it
 - Wash your mouthguard (according to manufacturer instructions and guidelines) upon returning home after training.
- Bring and use your own equipment (stick, glove[s], mouthguard, shin pads, mouthguard, PC mask, goalkeeping kit, training shirts, etc.).
 - Ensure your personal equipment is in good-working condition and is cleaned and disinfected (according to manufacturer instructions and guidelines) after every training session.
 - Avoid sharing equipment.
 - Do not share towels, clothing, and other personal items. It is recommended that athletes bring their own pinnies/change-of-colour shirts for drills in which different “teams” need to be delineated.
- Do not share water bottles. Bring your own water bottle from home and be prepared to have extra water on hand. Depending on the venue, there may not be a way to refill water bottles (i.e. water fountains out of order/closed, indoor facilities remain closed).
 - Label your water bottle and be aware of where it is. Keep it in your designated storage space, rather than in a group of water bottles.
 - Organizations may need to have extra plastic water bottles on hand for individuals that may need more water.
 - Participants will be responsible for refilling their own water bottles (i.e. support staff/team manager/non-household member spectator will not be permitted to refill water bottles)
 - Do not use team water bottles or keep water bottles in a group.
- Return home directly after training. Do not linger at the venue.
 - Cool-down can be completed while maintaining physical distancing. Focus on the task at hand rather than using this as a time to chat and debrief.
 - Team meetings, gatherings, and debriefs should be completed via virtual means.
 - “Get in, train, get out”
- Participants should continue self-monitoring for symptoms, practice physical distancing, and follow public health guidelines when off-site.

Recommendations for Organizations & Clubs

- It is highly recommended that clubs outline their return-to-training protocols and procedures in a written document and provide this document and any other pertinent resources to their

membership. This should also include your COVID-19 Safety Plan, which is required of all organizations currently operating in Ontario.

- The following elements must be addressed:
 - Physical distancing measures & requirements during programming.
 - All participants are to be screened before entering the training venue. Specific criteria must be established in order to allow entrance to the venue and continue to train. Any individual that does not pass the screening process will not be permitted to enter the training venue and will be required to return home.
 - Sample screening tools can be found in Appendix A and Appendix B.
 - If temperature checks are being utilized (i.e. with non-contact infrared thermometers), these devices must be used properly, and measuring must be done properly to ensure accuracy of measurements.
 - Screeners are to wear personal protective equipment (PPE) when conducting screening:
 - Face mask (mandatory)
 - Gloves (recommended)
 - Face shields (recommended)
 - Consider utilizing a plexi-glass barrier between the screener and participants.
 - Any items used during the screening process (i.e. thermometer, pens, tablets/laptops/mobile devices, clipboard, etc.) are to be cleaned and disinfected after each round of screening. Any item that touches a participant must be immediately cleaned and disinfected after each use.
 - Reduce/minimize the amount of equipment sharing. No personal items (items worn by participants) are to be shared between participants. Balls, cones, and other training equipment that is shared must be cleaned and disinfected between all sessions.

Recommendations for Planning Programming

- **Activities cannot violate a public health order. All programming must adhere to public health orders, government regulations, and facility policies. Sport organizations must remain up-to-date on current regional restrictions that are in place.**
- **(UPDATE)** 2-metre physical distancing must be observed at all times when participants are not actively engaged in a training activity or drill (**Orange-Restrict**, **Yellow-Protect**, **Green-Prevent** regions).
 - **Red-Control Regions: 2-metre physical distancing must be observed at all times, even during training activities/drills. Drills/activities that involve participants coming within 2-metres of closer of each other are not permitted in regions that are currently operating in Red-Control level.**
 - Regardless of what COVID colour/level a region is currently operating in, physical contact should be minimized as much as possible. Physical distancing must still be observed for all aspects of the training session/event that do not directly involve drill participation (including but not limited to: screening, entering & exiting the venue/field, waiting in line for drill reps, drill explanations, team meetings, training preparation, all spectators & non-athletes).
- Where possible, training groups should be kept constant in terms of participants attending, to prevent group-mixing.

- Staggering of training group times at the venue are to be considered, to avoid backlog and large numbers at screening area, waiting areas, and areas of traffic flow. An example of this staggering can be found in Appendix E
- Maintain daily records of all participants and attendees for all training sessions. Names and contact information (phone number and/or email) are to be collected, and may be utilized in the event that potential exposure to COVID-19 occurs and contact tracing is to be undertaken. This information may be shared with the local public health unit in accordance with contact-tracing procedures.
- Venue planning and set-up will likely require communication and cooperation with the venue. The venue may also have new policies and procedures in place that renting clubs must adhere to during their rental. Failure to adhere to a venue's policies and procedures may result in loss of field booking and future permits. Every venue will require its own venue-specific plan.

Recommendations for Group Sizes & Management

- Follow group-size restrictions based on the region's COVID colour/level in the Government of Ontario's COVID-19 Response Framework. Clubs and sport organizations must stay up-to-date on the current regional restrictions. Venues and facilities may have additional group-size restrictions that clubs/sports organizations must comply with.

Green-Prevent Regions	<ul style="list-style-type: none"> • Indoors – maximum of 50 participants, with 2-metre physical distancing in place • Outdoors – maximum of 100 participants, with 2-metre physical distancing in place • Maximum of 50 people per league • Spectators – maximum of 50 spectators indoors, or 100 spectators outdoors (both with 2-metre physical distancing in place)
Yellow- Protect Regions	<ul style="list-style-type: none"> • Indoors – maximum of 50 participants, with 2-metre physical distancing in place* • Outdoors – maximum of 100 participants, with 2-metre physical distancing in place* • *there will likely be restrictions on how many participants are permitted per field/playing surface (ie. maximum of 10 participants per indoor playing surface, maximum of 25 participants per outdoor playing surface) • Maximum of 50 participants per league • Spectators – maximum of 50 spectators indoors, or 100 spectators outdoors (both with 2-metre physical distancing in place)

Orange – Restrict Regions	<ul style="list-style-type: none"> Indoors – maximum of 50 participants, with 2-metre physical distancing in place* Outdoors – maximum of 100 participants, with 2-metre physical distancing in place* *there will likely be restrictions on how many participants are permitted per field/playing surface (ie. maximum of 10 participants per indoor playing surface, maximum of 25 participants per outdoor playing surface) Maximum of 50 participants per league No spectators permitted
Red - Control	<ul style="list-style-type: none"> Indoors – maximum of 10 participants per playing surface/field Outdoors – maximum of 25 participants per playing surface/field No league play, games, or scrimmages are permitted No spectators permitted
Grey – Lockdown	<ul style="list-style-type: none"> Facilities for indoor & outdoor sports are closed No group training or events permitted

- Due to pitch dimension constraints and to ensure proper physical distancing when not actively engaged in training drills/activities, Field Hockey Ontario continues to endorse small training group sizes outlined in Field Hockey Ontario's Return-to-Train Guidelines- Versions 1 & 2, rather than utilizing the maximum participant numbers outlined in Ontario Regulation 364/20 (Green/Yellow/Orange regions). It is recommended that no more than 24 participants access the pitch at a given time.

# of Training Zones	# of Athletes per Training Group	# of Coaches per Training Group	# of Safety Officers per Training Group	Total # of Participants per Training Group	Total # of Participant on 1 Pitch
4 (field divided into quarters)	4	1	1	6	24
3 (field divided into thirds)	6	1	1	8	24
2 (field divided into halves)	8	1	1	10	20

- Group number totals include athletes, coaches, medical staff/safety officers, any other individual that may be assisting with programming delivery, venue flow, and safety measures. Clubs must not sacrifice the presence of one coach and one safety officer per group in order to add an additional athlete to the training group.
- Group members should be kept constant where possible (i.e. same participants in a given training group) to minimize mixing of individuals and to allow for ease of contact tracing in the event COVID-19 is suspected or confirmed in a participant within a given group.
- Groups sharing a field must be separated a minimum of 2-metres with clear delineations between groups (i.e. cones, rope, etc.).

- Group arrival and departure times should be staggered to avoid multiple groups accessing the field at the same time. An example of this staggering schedule can be found in Appendix E.
- Establish 1-way flow patterns of foot traffic within the venue to minimize interaction and contact (i.e. entry and exit points to the field).
- At the end of the session, participants are to avoid “hanging out” and return home/to their vehicles while maintaining 2-metre physical distancing. (“Get in, train, and get out”). Minimize time spent in parking lots. Team gatherings/meetings are not to be conducted at the training venue; instead, look to utilize virtual means to conduct these team activities.

Recommendations for Physical Distancing

- All participants should continue maintaining 2-metre physical distancing in their daily lives and avoid crowded places and physical contact with others outside of their household or social circle. When physical distancing is not possible, it is recommended to wear a cloth mask or face covering (this is required in all indoor settings within the province of Ontario) to help reduce the potential spread of COVID-19, in addition to proper hand hygiene and respiratory etiquette.
- **(UPDATE)** 2-metre physical distancing must be observed at all times when participants are not actively engaged in a training activity or drill (Orange-Restrict, Yellow-Protect, Green-Prevent regions).
 - **Red-Control Regions: 2-metre physical distancing must be observed at all times, even during training activities/drills. Drills/activities that involve participants coming within 2-metres of closer of each other are not permitted in regions that are currently operating in Red-Control level.**
 - Regardless of what COVID colour/level a region is currently operating in, physical contact should be minimized as much as possible. Physical distancing must still be observed for all aspects of the training session/event that do not directly involve drill participation (including but not limited to: screening, entering & exiting the venue/field, waiting in line for drill reps, drill explanations, team meetings, training preparation, all spectators & non-athletes).
- Venue mapping and planning is essential to planning programming. Remember, every venue will require a venue-specific plan. The following should be considered when planning your return-to-training:
 - Parking lot layout
 - May depend on the venue and their policies/procedures
 - “Kiss-and-ride” set-up (drop-off and pick-up only, no parking permitted except for participants driving themselves).
 - Block off parking spaces designated only for participants. If able to, reserve rows for each training group.
 - One-way entry and exit points to venue.
 - One-way traffic flow throughout venue.
 - Utilize physical markers and barriers to indicate 2-metre physical distance spacing, areas/structures that are “out-of-bounds”
 - Signage directing participants.
 - Signage with information on COVID-19 and policies.
 - Out-of-bounds areas/structures
 - Bleachers
 - Team benches
 - Technical areas

- Designate areas on the field where participants can store any personal items they may need. It is recommended that participants come ready to train and bring only what they need to the field.
- Minimize “in-and-out” privileges. Consider a method of marking participants who have already been screened that day and may need to exit the venue and return within minutes (i.e. washroom, retrieve item from car).
- Drills should be set-up according to 2-metre physical distancing guidelines.
- If multiple groups are using the field, they must be clearly separated and no mixing of training groups. Stagger water breaks, arrival times, departure times between groups.
- Shaded/sheltered areas will likely be a hot commodity, but 2-metre physical distancing must still be respected.
- It is highly recommended that these venue maps and layouts be shared with all participants before the first training session to ensure understanding and allow participants to know what to expect upon arrival at the new venue. Any subsequent changes should be communicated to all participants before the next training session.
- As we have seen with a lot of businesses reopening, things can change on a daily basis based on how traffic flow and numbers, in order to ensure the safest and smoothest experience for all participants.

Recommendations for Participant Illness

- For the foreseeable future, the presence of COVID-19 symptoms is to be presumed COVID-19 until it is ruled out with a negative COVID-19 PCR test.
- COVID-19 is most contagious in the first 3 days after symptom onset, but it is possible that it can be spread by an infected individual before symptoms appear (pre-symptomatic) and by individuals who do not show or experience any symptoms (asymptomatic). The time from exposure to onset of symptoms is usually 5 days, but can range from 2 to 14 days. Because of this, a conservative approach must be taken with any cases of potential exposure to COVID-19 to protect all affected individuals and their family members.

If Participant Does Not Clear Screening:

- The participant is NOT permitted to attend the training session or be at the venue. The participant is to remain at home (or return home immediately if already at the venue).
 1. The participant is to remain at home (or return home immediately if already at the venue) and stay in self-isolation for a minimum of 14 days.
 2. Daily self-monitoring for symptoms. Individuals are encouraged to keep track of symptoms and temperature on a daily basis.
 3. Contact your healthcare provider (family doctor, Telehealth Ontario, walk-in clinic) for treatment options. The [COVID-19 Self Assessment](#) can also provide you with next steps.
 4. Seek PCR testing for COVID-19 by accessing your [local assessment centre](#). COVID-19 testing is currently done on a by-appointment basis only. Symptomatic individuals must be tested at hospital sites, as they will not be tested at local pharmacies offering COVID-19 testing.
 5. If symptoms worsen (shortness of breath, chest pain, loss of consciousness, increased severity), call 911 and follow their instructions.
 6. After 14 days, you can stop isolating if you no longer have a fever and your symptoms have improved, but you should continue with physical distancing measures. DO NOT return to training if you are still experiencing any symptoms, even if they are mild. You will be rescreened upon arrival at the training venue.

7. If you are still unwell after 14 days, contact your healthcare provider or TeleHealth Ontario.
 - It is much trickier for individuals who do not clear the initial screen (if using) simply because they are considered “vulnerable” to COVID-19 due to their age, immunocompromised, or underlying medical conditions. Considerations must be made on how and when to permit these individuals to return to training.

If Participant Reports Symptoms @ Training Session

1. The participant is to immediately remove themselves from training and report to the attending safety officer. The safety officer is to initiate isolation protocol and may need to don additional personal protective equipment (PPE) if not already doing so.
 - PPE must be changed and disposed of properly after the affected individual leaves the venue.
2. If the participant has to wait for their ride, they must remain isolated from the rest of the group and return home, with minimal contact with other participants/individuals. Any equipment or space occupied by the participant must be cleaned after the participant leaves the venue.
3. If the participant drove themselves, they must return home immediately (if it is safe/possible for them to do so).
4. Participant is to self-isolate and self-monitor for minimum of 14 days, seek COVID-19 assessment if they are symptomatic.
5. All other participants of that session are to be informed of possible exposure to COVID-19 and enter self-isolation for 14-day period.
 - Daily self-monitoring for symptoms.
 - Participants can seek COVID-19 PCR testing at local assessment centre (call ahead, take proper precautions before going out)
6. Self-isolation may be discontinued if the initial individual presents with a negative PCR test result for COVID-19 and medical clearance from a physician.
7. If the initial individual presents with a positive COVID-19 test result or testing is not sought, all affected individuals who were present at the training session and may have been exposed to COVID-19 must remain in self-isolation for 14 days. It is highly recommended that this also applies to anyone else in the household of these individuals, depending on their level of contact with other household members.
 - It is highly recommended that all individuals that were potentially exposed to COVID-19 also seek testing at a COVID-19 assessment centre. The time of when this test should be sought may depend on when potential exposure to COVID-19 occurred (consult your local assessment centre, healthcare professional).
8. Participants may return to training if:
 - Initial individual presents with a negative PCR test result for COVID-19 and medical clearance from a physician.
 - No fever is present without the use of fever-reducing medications
 - Resolution of respiratory symptoms
 - 14-day isolation periods passes with no new/worsening symptoms

If Participant Reports Symptoms Off-Site & Recently Attended Training Session

1. The participant is to report their situation to the appropriate club representative designated to oversee the club’s COVID-19 Response Plan (coach, medical lead, safety officer, etc.).

2. The participant is to remain in self-isolation and self-monitor for a minimum of 14 days.
3. All other participants of that session that may have come into contact with the individual are to be informed of possible exposure to COVID-19 and enter self-isolation for a 14-day period. Individuals are reminded to self-monitor and track any symptoms.
 - Self-isolation may be discontinued if the initial individual presents with a negative PCR test result for COVID-19 and medical clearance from a physician.
4. If initial individual presents with positive COVID-19 test result or testing is not sought, all affected individuals who were present at the training session must remain in self-isolation for 14 days. It is highly recommended that this also applies to anyone else in the household of these individuals, depending on their level of contact with other household members.
 - It is highly recommended that all individuals that were potentially exposed to COVID-19 also seek testing at a COVID-19 assessment centre. The timing of when this test should be sought may depend on when potential exposure to COVID-19 occurred (consult your local assessment centre, healthcare professional).
5. Participants may return to training if:
 - The initial individual presents with a negative PCR test result for COVID-19 and medical clearance from a physician
 - No fever is present without the use of fever-reducing medications.
 - Resolution of respiratory symptoms.
 - 14-day isolation periods passes with no new/worsening symptoms.

Returning to Training After Confirmed or Presumed COVID-19

- Participants may return to on-field training after completing their 14-day self-isolation and they have gone 72 hours without any symptoms and energy levels have returned to “normal”.
- Participants will be rescreened before being permitted to return to on-field training.
- Athletes may resume low-intensity at-home training once their symptoms have completely resolved and their energy levels return back to normal. It is recommended to avoid any physical activity while experiencing symptoms to allow your body to have energy to fight the virus, and limit the spread of potentially infectious respiratory droplets in your home.
- If you are sick or experiencing symptoms, do not exercise outside. Remain indoors and maintain self-isolation and self-monitoring.
- Research is ongoing regarding recovery after COVID-19 and how this may impact athletes. More information will be provided as new research and updates are available. Currently, it is recommended that individuals who have tested positive for COVID-19, experienced symptoms, and have recovered complete a graduated return-to-play protocol, due to its impact on multiple body systems. More information on this can be found in [Field Hockey Ontario's Graduated Return-to-Play Steps for Athletes After COVID Diagnosis](#).

Recommendations for Equipment

- Do not touch the ball with your hands. Use your stick or feet to retrieve balls.
- Balls and any other training equipment (i.e. pylons) must be cleaned after each training session, ideally between training sessions. Not just because of COVID-19, but also because of other potential pathogens and dirt on the turf (i.e. Cassie Campbell field and bird/animal feces, mould, staph infections).
 - Washing cones, balls, hard plastic storage containers (i.e. coolers, wagons, milk crates) with soap and water and then letting them air-dry is sufficient.

- Any equipment that may have come in contact with a participant should be thoroughly cleaned and disinfected utilizing appropriate products. The Government of Canada has a list of approved disinfectants that can be identified by their DIN number <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>. Be sure to check that these disinfectants are safe to use and follow use instructions. Some products require a “kill-time” where the product must remain on the object for a certain amount of time before it is wiped off.
- Considerations may need to be made about where equipment is being stored when training is not occurring (ie. at an individual’s home, in a storage facility, on venue, etc).
- Avoid removing/adjusting your mouthguard unless you are in your designated “storage space”. Use hand-sanitizer before and after touching your mouthguard
 - Do not store your mouthguard in your sock, sports bra, pocket, or anywhere else on your body. It must be in your mouth.
 - Store your mouthguard in a closed container.
 - Wash your mouthguard (according to manufacturer instructions and guidelines) upon returning home after training.
- Bring and use your own equipment.
 - Ensure your personal equipment is in good-working condition and is cleaned and disinfected (according to manufacturer instructions and guidelines) after every training session.
 - Avoid sharing equipment.
 - Do not share towels, clothing, and other personal items. It is recommended that athletes bring their own pinnies/change of colour shirts for the event that “teams” need to be delineated.
 - Coaches are recommended to bring and use their own stick for demonstrations, rather than borrowing from an athlete and then returning it back to the athlete.
 - If touching another participant’s equipment (i.e. regripping a stick, adjusting fit for safety, etc.), wash/sanitize your hands before and after touching the equipment. Gloves may be warranted
- Keep personal items separate from other participants. Participants are to keep their personal items within their designated storage space, unless they directly need it for a given drill. Examples of personal equipment include: shoes, clothing (including change of shirts/pinnies), mouthguard, shin pads, stick, glove(s), defensive penalty corner mask and any other equipment used for DPCs (jock/cup, gloves, knee protectors, etc.), goalkeeper kit, whistle, water bottle, food/snacks, medical devices (epi-pen, asthma inhaler), any other personal item that directly contacts the individual
- Do not share water bottles. Bring your own water bottle from home and be prepared to have extra water on hand. Depending on the venue, there may not be a way to refill water bottles (i.e. water fountains out of order/closed, indoor facilities remain closed).
 - Label your water bottle and be aware of where it is. Keep it in your designated storage space, rather than in a group of water bottles.
 - Organizations may need to have extra plastic water bottles on hand for individuals that may need more water.
 - Participants will be responsible for refilling their own water bottles (i.e. support staff/team manager/non-household member spectator will not be permitted to refill water bottles)
 - Do not use team water bottles or keep water bottles in a group.

- Considerations for defensive penalty corner (DPC) equipment (if you are training DPCs with equipment):
 - Encourage or require athletes purchase their own protective equipment based on their DPC role(s),
 - Separation of athletes' equipment while not in use,
 - Retrieval of athletes' equipment after DPC completion,
 - Cleaning and disinfecting equipment,
 - How to safely introduce athletes to DPC roles when personal equipment may not be available or is shared.
 - This may potentially be something FIH will address once moving forward into Return-to-Competition
- If participants are unable to purchase a personal item, clubs can consider a "rental system" for these items (i.e. pinnies, uniforms, DPC masks). The renter will be responsible for the care and use of the item for the duration of the season/tournament. The item must be cleaned before each use and before it is returned to the club. It is recommended the club provide rental item cleaning instructions that renters must agree to follow. Upon receiving the item back, the club must thoroughly clean and disinfect the item before it is rented to the next participant. The club should maintain a record of what equipment has been rented out and its disinfection status.

Recommendations for Participant Safety

- Communication to all participants (athletes, coaches, support staff, officials, volunteers, etc.) and their parents/guardians if participant is under 18 years old about COVID-19 and pertinent information (transmission, infection, signs and symptoms, treatment, self-isolation, self-monitoring, etc.) and policies/procedures that are being undertaken to mitigate the risk of transmission at the training venue.
 - This can be done through posters, email communications, website updates, fact sheets, etc. A virtual team meeting can also be utilized to review the guidelines and information
- Participants who are experiencing symptoms (or have had close contact with someone who is experiencing symptoms) will not be permitted to attend training or access the venue.
- If a participant does begin to feel sick or develops/displays COVID-19 symptoms during the training activity, they are to be immediately isolated from the other participants and required to return home. They are to self-monitor, contact their healthcare provider, and seek testing for COVID-19.
 - Other individuals that were present at the training session who may have been exposed to COVID-19 are also to return home (staggered departures to avoid "traffic jam") and self-isolate and self-monitor for 14 days. It is recommended that they also seek testing for COVID-19.
- Remember, there is likely some level of detraining, particularly in athletes who are only now just returning to training. With this, there is an increased risk of overuse injuries. Programming should focus on a gradual return-to-train, rather than rapid ramping up of activities to get back to "where we were" before COVID-19 or "where we should be" if COVID was not happening. As well, with the allowance of some close contact (<2 metres), there is potential for physical contact to occur, which can also be a mechanism of injury.

Recommendations for Medical Treatment/First Aid

- If medical staff is on site for training (i.e. athletic therapist, first responder, physiotherapist, etc.), they are there to primarily respond to any injuries that may occur during the training

session and act as the designated person in accordance to Rowan's Law (concussion recognition). At this time, hands-on treatment is considered higher-risk, and the attending therapist must use their professional judgement as to whether or not hands-on treatment is warranted, and if there are alternative methods to assist the participant (i.e. self-myofascial release techniques, self-stretching, exercises, etc.). If hands-on treatment is provided, both the therapist and the patient must wear a surgical procedural face mask at a minimum. Medical staff are to follow the directives of their associations and regulatory colleges as applicable. All treatment areas and surfaces must be throughout cleaned and disinfected after each patient.

- In the event that an injury or incident requiring first aid does occur, the individual providing first-aid must ensure personal protective equipment and measures are put in place to protect both the first-aiders and the injured participant(s).
 - Gloves
 - Masks (both parties)
 - Face shield
 - CPR pocket mask with 1-way valve
 - AED access
 - Blood/bodily fluid spill kits
 - Biohazardous waste disposal units
- The British Journal of Sports Medicine has released a series of blog posts outlining the PPE [personal protective equipment] requirements for different levels of contact/aerosol-generating procedures for first-aiders/first responders. For more information, please consult the following links:
 - <https://blogs.bmj.com/bjbm/2020/07/08/pitch-side-emergency-care-personal-protective-equipment/>
 - <https://blogs.bmj.com/bjbm/2020/07/08/pitch-side-emergency-care-personal-protective-equipment-a-framework-for-elite-sport-during-the-covid-19-pandemic-part-2-of-3/>
 - <https://blogs.bmj.com/bjbm/2020/07/08/pitch-side-emergency-care-and-personal-protective-equipment-a-framework-for-elite-sport-during-the-covid-19-pandemic-part-3-of-3/>
- The Canadian Red Cross has released [updated protocols for unresponsive individuals during COVID-19](#). It is highly recommended that all first-aiders and first-responders work with clubs to review these updates and ensure proper personal protective equipment and emergency equipment are available and individuals are trained on their use.

Recommendations for Personal Protective Equipment (PPE)

- The use of PPE does not replace proper hand hygiene and respiratory etiquette.
- Any time 2-metre physical distancing cannot be maintained during (i.e. during the screening process, providing first-aid), all individuals involved must wear at a minimum a face mask. Face shields may be warranted as well.
- **(UPDATE)** Face masks are mandatory in all indoor settings in Ontario. Some venues/facilities may require participants to wear face masks/face coverings at all times except when engaged in vigorous physical activity. At this time, it is not known if face masks will be required for outdoor sporting activities, however face masks are currently recommended outdoors in instances where 2-metre physical distancing is not always possible. Participants should be prepared to have to wear a face mask while accessing the venue/playing surface, and may be

required to wear during their activity. Face masks must be worn by athletes and all other participants upon pitch arrival, screening, pitch departure, training preparation, accessing any indoor amenities/facilities (ie. washroom), and team meetings/gatherings.

- Wearing gloves is recommended when touching or cleaning any shared equipment or high-touch objects/surfaces.
- Proper donning, doffing, and disposal of PPE must be adhered to.
- Coaches, safety officers, medical staff, any other support staff are required to wear at a minimum a face mask. Anyone at risk of having to be within 2-metres of another individual (i.e. medical staff, screeners) will be required to wear a surgical procedural mask and potentially additional PPE.
- If wearing PPE, it must be worn properly.
 - Avoid adjusting/touching your mask. Ensure it fully covers your nose and face.
 - Avoid touching your face if wearing gloves.

Recommendations for Spectators

- **Spectators are NOT permitted in regions/facilities operating in Red-Control or Orange-Restrict.**
- A maximum of 50 spectators indoors, or 100 spectators outdoors (both with 2-metre physical distancing in place) are permitted in regions/facilities operating in Yellow-Protect or Green-Prevent. However, some facilities/regions may not allow spectators, and this may be part of your rental agreement.
 - The allowance of spectators will depend on the facility's protocols on spectators, the physical space at the venue, and the club's ability to handle spectators' presence while still being able to offer a safe training environment for all participants. If the presence of spectators inhibits any of these aspects, it is highly recommended that spectators not be allowed to be present at the training session.
- Spectators must be subject to screening processes, attendance logs, contact tracing (in the event a COVID-19 case is linked to a training session), and will likely have restricted/no access to the facility and playing field. Bleachers and benches may continue to be out of bounds.
- Spectators that do not respect 2-metre physical distancing, boundaries, parking/drop-off & pick-up, general behavioural expectations, public health guidelines, and municipal/regional bylaws will be asked to leave the facility.
- Clubs/organizations are within their right to prohibit spectators at these times to ensure a safe training environment for all participants, prioritize the implementation of proper risk mitigation strategies, and avoid straining already restricted staff numbers on policing spectator attendance and behaviours, as the presence of spectators introduces additional measures and considerations that must be adhered to.
- Where possible, participants are to transport themselves to training.
 - If a parent/guardian must travel with the participant (either as the driver, accompanying licensed adult for G1 driver, or for "peace of mind" of participant driving themselves to training), only 1 accompanying adult is permitted. They will not be permitted past the screening zone and the participant-only zones of the venue.
 - Accompanying adult may be required to remain in the car for the duration of the session (municipal/facility-specific).
 - If permitted by the municipality/facility, accompanying adult may be permitted to spectate outside of the field. If this is the case, 2-metre physical distancing must be maintained, and the spectator(s) are not permitted past the screening zone or the

participant-only zones. Spectators are prohibited from gathering in groups (unless group restrictions are lifted).

- Participants are to provide emergency contact information in the event a parent/guardian/emergency contact needs to be contacted (i.e. injury/illness, early pick-up). This information needs to be made available to the head coach/session lead and the medical lead.

Recommendations for Food & Beverages

- No sharing of food or beverages.
- Participants are to bring their own water bottles (filled from home) and own snacks.
- Team water bottles/water jugs are not to be used. Clubs may need to consider water refill options.

Recommendations for Travel

- At this time, activities should be restricted within local communities, and minimize the amount of out-of-city/region travelling, to avoid potentially spreading COVID-19 between regions
- Out-of-province sporting activities and events are not recommended.
- If a participant has travelled outside of Canada in the past 14 days, they must remain at home in self-isolation for 14 days after their return home.

Participant Roles

Each of the following are participants who will have important roles and responsibilities during Stage 1- Welcome Back of the return-to-training process. Each individual counts towards the group's number total (i.e. 1 coach + 1 safety officer + 5 athletes = 6 participants in training group). All participants must abide by club policies and procedures.

Each training group must have a coach and a safety officer (2 separate individuals) present at all times/sessions. The assigned coach and safety officer are to remain with their assigned training group for the duration of the session.

In cases where the head coach/session leader and medical lead is overseeing multiple groups on 1 field, they can count as "floating" numbers, providing all training groups have a coach and safety officer present and the head coach maintains 2-metre physical distancing at all times. For example, there are 3 groups of 4 athletes on the field, plus 1 coach and 1 safety officer with each training group (each training group is separate and counts as a separate entity). Each training group has 6 participants, with total participant number on the field being 18. The head coach and medical lead are able to count to this total participant number to bring it to 20.

A sample training "day at a glance" schedule found in Appendix E provides more information on how participant rotations can occur and how each non-athlete participant schedules could look like.

It is highly recommended that these participant roles and responsibilities continue into under current Return-to-Train guidelines.

Head Coach/Session Leader

Maximum of 1 per training session is highly recommended where possible.	
Key Responsibilities	<ul style="list-style-type: none">• Planning of training session drills and activities (in collaboration with assistant coaches), ensuring all drills and activities meet stage 1 requirements• Work with medical lead to ensure venue management plan, emergency action plan, participant safety plans, training group schedules are in place• Provide assistant coaches with practice plan and specific instructions/objectives for the session• Oversee training sessions and provide support to training groups as necessary, while always maintaining 2-metre physical distancing.• Run on-site preparation meeting in conjunction with medical lead prior to the start of the training session, with all assistant coaches and safety officers participating to review protocols and training session plan• Work with medical lead in site set-up (designated waiting areas, traffic flow, physical distancing markers, athlete storage spaces, blocking off out-of-bounds areas, screening area, parking lot flow, shared equipment preparation).• Equipment distribution, collection, cleaning, and transportation.• Practice proper hand hygiene and respiratory etiquette at all times• Continual self-monitoring• Do not attend training if ill/experiencing symptoms, have travelled recently, or had close contact with COVID-19 positive/presumed individual. Report to medical lead/designated club COVID-19 lead and follow public health guidelines.

Medical Lead

Highly recommended where possible. 1 per training session Qualified individual → minimum first responder with field coverage experience (check credentials and that they have professional liability insurance coverage if they are a healthcare professional).	
Key Responsibilities	<ul style="list-style-type: none"> • Overall site management • Tracking of screening and attendance (with assistance from safety officers) • Work with head coach/session lead to ensure venue management plan, emergency action plan, participant safety plans, training group schedules are in place • Run on-site preparation meeting in conjunction with head coach prior to the start of the training session, with all assistant coaches and safety officers participating to review protocols and training session plan • Work with head coach in site set-up (designated waiting areas, traffic flow, physical distancing markers, athlete storage spaces, blocking off out-of-bounds areas, screening area, parking lot flow, shared equipment preparation). • Manage safety officers (scheduling, roles, collecting and storing attendance sheets and screening tools) • Oversee training sessions/groups while maintaining 2-metre physical distancing • Provide first-aid and injury management as necessary (both parties must wear a face mask at minimum in these situations). • Practice proper hand hygiene and respiratory etiquette at all times • Continual self-monitoring • Do not attend training if ill/experiencing symptoms, have travelled recently, or had close contact with COVID-19 positive/presumed individual. Report to medical lead/designated club COVID-19 lead and follow public health guidelines.

Additional Coaching Staff

Mandatory 1 coach per training group. Cannot also be safety officer for the same group. Must remain with given training group for the duration of the duration session.	
Key Responsibilities	<ul style="list-style-type: none"> • Under direction of head coach, run training drills and activities. • Setting up drills and activities, ensuring 2-metre physical distancing between all components • Ensuring 2-metre physical distancing maintained between all training session participants • Providing instructions and directions for athletes during the training sessions • Attend session planning meeting prior to the start of training sessions to review key roles, programming, safety considerations, venue set-up • Assist head coach with equipment distribution, collection, and cleaning before, during, and after each training session. • Practice proper hand hygiene and respiratory etiquette at all times • Continual self-monitoring • Do not attend training if ill/experiencing symptoms, have travelled recently, or had close contact with COVID-19 positive/presumed individual. Report to medical lead/designated club COVID-19 lead and follow public health guidelines.

Safety Officer

Mandatory - 1 safety officer per training group, reporting to the medical lead. Highly-recommended – first-aid trained (at a minimum) Cannot also be acting as coach for the same training group Must remain with given training group for the duration of the training session	
Key Responsibilities	<ul style="list-style-type: none"> • Screening process of all session participants (including self and staff) • Attendance and contact information of all training group participants • Maintaining session records and providing to medical lead • Attend session planning meeting prior to the start of training sessions to review key roles, programming, safety considerations, venue set-up • Assist medical lead with management of venue and training environment so that all participants adhere to physical distancing requirements and club protocols • Assist with managing traffic flow and waiting areas before and after training sessions • Monitor training session to ensure all participants follow 2-metre physical distancing • Assist medical lead in event of participant injury/illness, emergency situations • Practice proper hand hygiene and respiratory etiquette at all times • Continual self-monitoring • Do not attend training if ill/experiencing symptoms, have travelled recently, or had close contact with COVID-19 positive/presumed individual. Report to medical lead/designated club COVID-19 lead and follow public health guidelines.

Athletes

Number permitted depends on provincial regulations, facility allowance, and amount of designated field space.	
Key Responsibilities	<ul style="list-style-type: none"> • Arrive at training, ready to train • Maintain 2-metre physical distancing at all times • No sharing of personal equipment • Adhere to club protocols and procedures • Follow instructions of club staff • Practice proper hand hygiene and respiratory etiquette at all times • Continual self-monitoring • Do not attend training if ill/experiencing symptoms, have travelled recently, or had close contact with COVID-19 positive/presumed individual. Report to medical lead/designated club COVID-19 lead and follow public health guidelines.

Spectators

Number permitted depends on provincial regulations, facility allowance, and ability of club to handle spectator presence	
Key Responsibilities	<ul style="list-style-type: none"> • Maintain 2-metre physical distancing at all times from all other individuals not part of household • Adhere to club protocols and procedures

	<ul style="list-style-type: none"> • Follow instructions of club staff • Practice proper hand hygiene and respiratory etiquette at all times • Continual self-monitoring and self-screening • Do not attend facility if ill/experiencing symptoms, have travelled recently, or had close contact with COVID-19 positive/presumed individual.
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Review: Training Group Sizes & Composition

4 Zones (Target Audience – Fundamentals/Learn to Train U6 – U14) Space and Resource Management



3 Zones (Target Audience – Train to Compete U16 – U18) Space and Resource Management

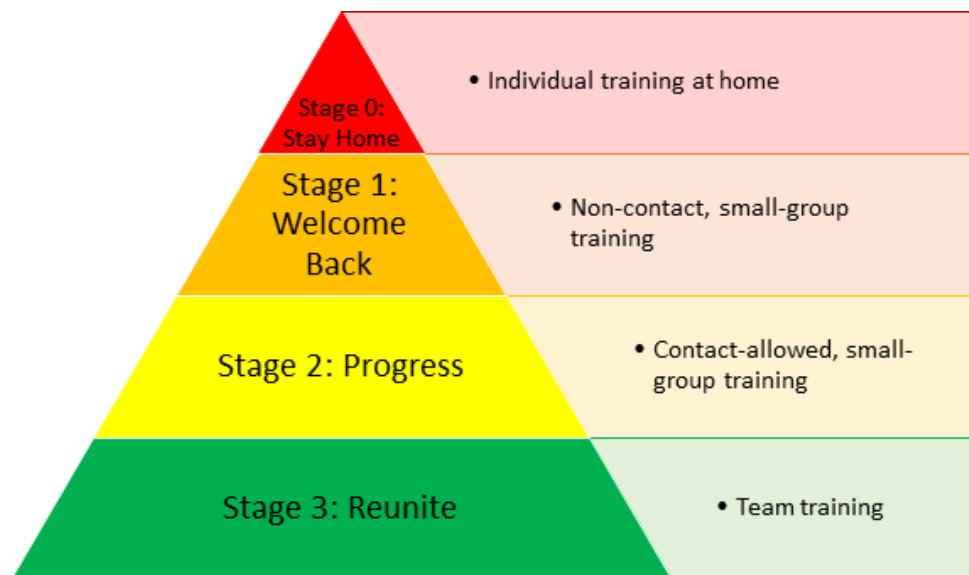


2 Zones (Target Audience – Active for Life – 19+) Space and Resource Management



Field Hockey Ontario Return-to-Training Framework: Review

Overview



The graphic above displays Field Hockey Ontario's Return-to-Training framework. This is to be viewed more of as a road-map, rather than a timeline, as currently timelines for easing of restrictions and allowing more activities is unknown. It is important to remember that progression through this framework likely will not be linear, as clubs/regions may need to cease programming depending on local public health COVID-19 cases or COVID-19 cases/outbreaks that may be linked to the club. It is also important to remember that each club and the province as a whole will likely progress through this framework differently than other clubs, provinces, and countries.

Return to competition will not be addressed in this document or at this time, as the current focus is on ensuring the health and safety of all participants with the initial return to training. Field Hockey Ontario is currently working on Return-to-Competition guidelines and documents. Version-1 of FHO's Return-to-Train Guidelines outlined Stage 1 of FHO's Return-to-Train Framework. Version-2 of FHO's Return-to-Train Guidelines outlined Stages 2 & 3 of FHO's Return-to-Train Framework. Ensuring proper Return-to-Training will help us return to competition and the sport we love.

It is important to note that currently, the above framework applies both to outdoor and indoor facilities, however keep in mind that activities in indoor facilities are considered more high-risk compared to outdoor facilities.

Specific criteria and requirements of each stage can be found in the chart on pages 33-38.

For a club to return to the field, the following criteria must be met:

- Insurance coverage reinstated (liability insurance and personal health insurance)
- Region that programming is to occur is in either Red-Control, Orange-Restrict, Yellow-Protect, or Green-Prevent level of COVID-19 restrictions. Each colour-coded level has specific criteria/restrictions that all clubs and sport organizations must adhere to during programming. Programming is not permitted in regions under Grey-Lockdown, or stay-at-home measures.
- Initial Risk Assessment Score: low or very low (<2)

- Mitigation Strategies Risk Assessment Score: low
 - Strategies and protocols must be developed and ready to be implemented
 - If you are not ready to return to training (ie. mitigation strategies are not in place or ready to be implemented) → DO NOT move onto Stage 1 or 2; remain in Stage 0, continue working to get Initial Risk Assessment and Mitigation Strategies Risk Assessment Scores down to low (at a minimum).
 - Even if you have a “low” score, make sure you are not missing any major aspects in your risk mitigation checklist (ie. screening protocol, isolation protocol, availability of hand sanitizer/hand-washing stations).
- Municipal, provincial, and federal legislation and public health regulations take precedence.
- Availability and readiness of facilities
 - If water cannons are not functioning, will you play on water-based turf?
- “Go-ahead” from Field Hockey Canada (our national sporting organization)
 - Clubs may be asked to provide proof of risk assessment and mitigation strategies to their NSO, local public health authorities, municipalities, and facilities they are looking to utilize.
- All participants (athletes and staff) must complete the Release of Liability, Waiver of Claims & Indemnity Agreement (if 18 years old or older) OR the Informed Consent & Assumption of Risk Agreement (if younger than 18 years old; requires parent/guardian signature), as well as the COVID-19 Declaration of Compliance. These documents must be received via hard-copy (email/scanned copies will not be accepted), and each sporting organization must store these documents for a minimum of 3 years.

Notes on “League Play”

Return-to-competition is currently not recommended. However, Ontario Regulation 364/20 (regions in **Yellow-Protect** & **Green-Prevent**) does permit “organized team sports that are practiced or played by players in a league may only be practised or played within the facility if the league either:

- Contains no more than 50 players and does not permit its teams to play against teams outside of the league, or
- Divides its teams into groups of 50 or fewer players and does not permit teams in different groups to play against one another or against teams outside of the league.”

At this time, Field Hockey Ontario does not recommended clubs look to resume league play. Mini-games may be utilized in **Orange-Restrict**/**Yellow-Protect**/**Green-Prevent** regions, however modifications should be made to mitigate risk levels and reduce the instances of any physical contact. **Game play (including scrimmages) is not permitted in regions operating in Red-Control restrictions.** Participants must also be limited within the training group, and any game play between different clubs is not recommended or supported at this time.

It is recommended that cohorts be kept as constant as possible (no mixing of individuals from different groups of 50) and that individuals only participate in programming with 1 club for the time being. Physical distancing, hand hygiene, daily screening, respiratory etiquette, minimal physical contact, attendance logs, contact information collection, and enhanced cleaning and disinfection of equipment and surfaces must still be observed.

When Can We Move on To Return-to-Competition?

The short answer is, it depends, and we do not know. Being able to move onto the next stage will be partly determined by how the previous stage goes. Municipal, provincial, federal, and public health regulations will still take precedence. It is recommended that clubs continually review and update their Risk Assessment and Mitigation strategies as protocols and procedures are implemented and FHO RTT Stage 1/2 progresses. It is likely that as clubs and regions progress through the frameworks, clubs will have to make adjustments based on how new protocols and procedures are going. Participant health and safety must be the first priority of all programming. Progression into Stages 2 & 3 must still ensure participant safety and physical distancing when not actively participating in a drill/activity. Participant numbers must be adhered to as per facility regulations and provincial regulations.

Requirements and Key Components of Return-to-Training Stages

	Stage 0: Stay Home	Stage 1: Welcome Back	Stage 2: Progress *UPDATED*	Stage 3: Reunite *UPDATED*
<i>Overview</i>	Individual training at home	Small-group training, non-contact “Get in, train, get out”	Small group training, with some close contact allowed (no physical contact/potential for physical contact) “Get in, train, get out”	Full team training, larger group, resume “contact” activities
<i>Restrictions</i>	2-metre physical distancing Avoid non-essential travel Follow all municipal, provincial, federal, public health, and facility directives Athletes are not permitted to train in groups outside of their household bubble	2-metre physical distancing Avoid non-essential travel Follow all municipal, provincial, federal, public health, and facility directives	Easing of 2-metre physical distancing requirements (some drills/activities, athletes can be <2-metres apart, however no physical contact is permitted/must be avoided still) *as per Ontario Regulation 364/20 Physical distancing must still be adhered to when participants are not actively participating in a drill	Follow all municipal, provincial, federal, and public health directives
<i>Enhanced Protocols</i>	Increased hand hygiene Respiratory etiquette	Increased hand hygiene Respiratory etiquette Enhanced participant screening (athletes & staff) Enhanced cleaning & disinfection of venues, surfaces, equipment	Increased hand hygiene Respiratory etiquette Participant screening (athletes & staff) Continue with regular cleaning & disinfection of venues, surfaces, equipment	Increased hand hygiene Respiratory etiquette Participant screening Continue with regular cleaning & disinfection of venues, surfaces, equipment

	Stage 0: Stay Home	Stage 1: Welcome Back	Stage 2: Progress *UPDATED*	Stage 3: Reunite *UPDATED*
<i>Facility</i>	At home Outdoors (only in open public spaces; do not violate emergency closure orders)	Outdoor facilities (open-air fields) Indoor facilities permitted to open as of June 27th, 2020 (gymnasiums, domes, indoor turfs) **Facilities will likely have their own rules & restrictions on participant numbers, permitted/prohibited activities, spectator presence, etc. <u>These rules & restrictions must be adhered to</u> , otherwise groups may lose their rental permits and future booking opportunities. All participants must be aware of and agree to facility rules & restrictions.	Outdoor facilities (open-air fields) Indoor facilities (gymnasiums, domes, indoor turfs) Gyms (weight training, fitness studios, etc) are permitted to open in Ontario Reopening Stage 3. It is recommended that most programming be continued outdoors (reduced level of initial risk) **Facilities will likely have their own rules & restrictions on participant numbers, permitted/prohibited activities, spectator presence, etc. <u>These rules & restrictions must be adhered to</u> , otherwise groups may lose their rental permits and future booking opportunities. All participants must be aware of and agree to facility rules & restrictions.	Outdoor facilities (open-air fields) Indoor facilities (gymnasium, domes, indoor turfs) Gyms (weight training, fitness studios) **Facilities will likely have their own rules & restrictions on participant numbers, permitted/prohibited activities, spectator presence, etc. <u>These rules & restrictions must be adhered to</u> , otherwise groups may lose their rental permits and future booking opportunities. All participants must be aware of and agree to facility rules & restrictions.
<i>Participants</i>	Individual No coach present → utilize virtual means of coaching and team connection	Small groups of coaches, safety officers/medical staff, any other staff member needed to ensure health & safety of participants Group members kept as constant as possible (same participants) No spectators	Small groups of coaches, safety officers/medical staff, any other staff member needed to ensure health & safety of participants Allow mixing of training group members within the same organization (training group participants can be different between sessions) Facility-dependent - gradual allowance of spectators (if allowed by facility, club can handle presence of spectators, spacing allows for proper physical distancing of all spectators, spectators are not engaging with participants)	Full team training Large groups allowed (exact number permitted depends on facility & Ontario Regulations) → maximum of 50 participants per “cohort” Cohort → group/league/club that is able to come in close contact, including physical contact (or the potential for physical contact); participants can only belong to 1 cohort No restrictions on spectators (facility-dependent)

	Stage 0: Stay Home	Stage 1: Welcome Back	Stage 2: Progress *UPDATED*	Stage 3: Reunite *UPDATED*
<i>Group Size</i>	Individual; restricted to members of same household	Maximum of 10 individuals per training group (includes athletes and staff) **Facility-dependent → follow facilities rules & restrictions (ie. some fields only permitting 10 individuals on the entire field; others are permitting 10 individuals per “section” of field)	Continue with maximum of 10 individuals per training group (includes athletes and staff) Total number of participants on pitch at one time cannot exceed 24 individuals. **Facility-dependent → follow facilities rules & restrictions	Whole team? (TBD) Multiple teams? (TBD) Cohorts → maximum of 50 participants (no mixing of cohorts) **Facility-dependent → follow facilities rules & restrictions
<i>Permitted Activities</i>	Individual activities Personal fitness Ball-handling, individual technical skills *will depend on space & equipment athlete has at home	Focus on fundamental movement skills, technical skills Modified training and activities Small group drills that maintain 2-metre physical distancing at all times Low-risk activities and drills to minimize risk of injury and athletes having to seek medical attention	Expansion of training activities, allowing drills with potential for <2-metre interactions, but still prohibiting any physical contact (or potential for) Able to utilize more drills (ie. offense versus defenses, modified mini-games, tipping drills, 9m work within the circle, APC & DPC skills) Still need to ensure no physical contact (or potential for physical contact) with drills	No restrictions on activity type Drills with physical contact or potential for physical contact) permitted → mini-games, scrimmages, APC vs DPC, defending in the circle, “aggressive” offense vs defense (mimics game play) Any game play/league is restricted to just members of given club/sport organization (intersquad/house league), not exceeding participant allowance numbers (50 as per Ontario Regulation 364/20) Tournament/competition TBD

	Stage 0: Stay Home	Stage 1: Welcome Back	Stage 2: Progress *UPDATED*	Stage 3: Reunite *UPDATED*
<i>Prohibited Activities</i>	Any team/group training or activities	<p>Any activity of drill that does not maintain 2-metre physical distancing or exceeds allowable group size (as per Ontario Regulation 263-20 & facility rules)</p> <p>Any activity or drill that involves physical contact (or potential of physical contact) between participants</p> <p>Competitions (games, tournaments, leagues, etc)</p> <p>Any team meetings or other team events should still be completed virtually (avoid gathering in large groups)</p>	<p>Any activity or drill that involves physical contact (or potential of physical contact) between participants (as per Ontario Regulation 364-20)</p> <p>Competitions (full games, tournaments, leagues)</p> <p>Any activity that exceeds group-size allowance (as per facility rules and Ontario Regulation 364-20)</p> <ul style="list-style-type: none"> Facilities may require group sizes to remain <100 (outdoor events)/<50 (indoor events) , despite Ontario Regulation 364-20 permitting outdoor gatherings of up to 100 people and indoor gatherings up to 50 people <p>Any activity deemed “high-risk” and prohibited → physical contact</p>	<p>No restrictions on drill/activity type</p> <p>Competition/tournaments TBD</p> <p>Follow facility rules & restrictions</p>
<i>Equipment</i>	No shared equipment	<p>No sharing of personal equipment</p> <p>Minimal sharing of other equipment (ie. balls, cones, other training tools). Proper cleaning & disinfection of any shared equipment after each training session</p>	<p>No sharing of personal equipment</p> <p>Allow some sharing of other equipment, with enhanced cleaning & disinfection protocols still in place.</p>	<p>Minimal/no sharing of personal equipment.</p> <p>Sharing of other equipment permitted, while still ensuring proper & regular cleaning of all equipment</p>
<i>Ontario Regional Designations & Regulations</i>	Grey-Lockdown or Stay-at-Home Ontario Regulation 82/20	Red-Control Ontario Regulation 263/20	Orange-Restrict, Yellow-Protect, Green-Prevent Ontario Regulation 364/20	

	Stage 0: Stay Home	Stage 1: Welcome Back	Stage 2: Progress *UPDATED*	Stage 3: Reunite *UPDATED*
<i>Other Notes</i>		<p>Majority of athletes will be detrained & deconditioned to some extent, due to different experiences & circumstances of lockdown</p> <ul style="list-style-type: none"> Increased risk of injury (overuse, too much too soon, poor mechanics/technique, change in surface, etc) Be mindful of potential for heat illness <p>Some participants may be excluded from this stage (at-risk/vulnerable populations)</p>	<p>Majority of athletes will be detrained & deconditioned to some extent, due to different experiences & circumstances of lockdown</p> <ul style="list-style-type: none"> Increased risk of injury (overuse, too much too soon, poor mechanics/technique, change in surface, etc) <p>At-risk/vulnerable populations who were excluded in Stage 1 may be able to begin participating, with proper precautions in place</p>	<p>Begin looking at return-to-competition protocols and risk assessments</p>

Preparing for Return-to-Training

Initial Risk Assessment

Every club should answer the following six questions to help determine their initial level of risk with return-to-training.

- Will the training be held in a region that has documented active local transmission of COVID-19 (community spread) in the last 14 days?
- Will the training be held in venues/facilities with access by multiple groups?
- Will the group include team members relocating from areas outside the training location that have documented active local transmission of COVID-19 (community spread)?
- Will the group include participants (athletes or coaches) at higher risk of severe COVID-19 disease (ie. people over 65 years of age or people with underlying health conditions)?
- Is the training considered at higher risk of spread for COVID-19 (where physical distancing cannot be maintained, indirect contact through training equipment, etc.)?
- Will the training be held indoors?

The Initial Risk Assessment Tool can be found in the Club Risk Assessment and Mitigation Checklist Tool, (excel document; not part of this document). The Initial Risk Assessment Tool, combined with the Sport Club Risk Mitigation Checklist (discussed later in this document) should be used by clubs to highlight any gaps and provide a guide for what protocols need to be created and implemented in the return-to-training plans and ensure that the level of risk associated with any return-to-training is minimized as much as possible.

This exercise should be completed before return-to-training/moving into Stage 1 “Welcome Back”, and then continually reviewed.

A maximum score of 2 on the Initial Risk Assessment Tool (and the Modified Risk Assessment Tool) is recommended before a club looks to physically return-to-training. Modifications to programming will likely need to be made in order to achieve a score of 0-2 (none to low risk).

Sport Club Risk Mitigation Checklist

After completing the Initial Risk Assessment Tool, clubs should complete the Sport Club Risk Mitigation Checklist (found in the Club Risk Assessment and Mitigation Checklist Tool (excel document; not part of this document)). This Risk Mitigation Checklist provides a more robust checklist of what clubs need to consider when planning return-to-training and entering into Stage 1 “Welcome Back”. This tool should be completed and updated on a regular basis.

It is recommended that until a score of “low” is achieved on both the Initial Risk Assessment Tool and the Sport Club Risk Mitigation Checklist, clubs do not return-to-training. Even if a score of “low” on both is achieved, clubs may still be restricted by provincial regulations and public health orders. It is also important to consider which areas of risk mitigation the club may still need to work on minimizing risk, as each piece is weighted the same, although some components are more important/require more work than others.

The following risk mitigation strategies should be developed, with the assistance of the Sport Club Risk Mitigation Checklist:

- Personal hygiene
- Facility and equipment use
- Health checks
- Staff knowledge
- Public health awareness
- Emergency preparedness
- Isolation capacity
- Coordination and logistics
- Risk communication
- Sport-specific mitigation strategies to limit transmission
 - Group size
 - Physical distance
 - Sanitation/equipment cleaning
 - Skills training

For more information, consult the attached Excel document “Club Risk Assessment and Mitigation Checklist Tool”.

Educate Your Members

It is important that clubs provide information to all members (coaches, athletes, parents, other support staff) of the latest COVID-19 related guidelines from their respective municipal, provincial, and federal governments, and local public health authorities. Clubs should also provide members with information on new club policies related to COVID-19 and return-to-training (i.e. Stage 1 criteria/components, venue maps, screening, participant illness policies).

Clubs should implement and educate all members on “best practices” (similar to “Rules of Engagement”) to follow as return-to-training is considered and implemented. Strict policies and procedures around participant illness, screening, and symptoms must be implemented and enforced. Information should also be provided on what to do if you become sick or think you may have been exposed to COVID-19. Additionally, at-risk members and their families will need to be provided information so that they can make an informed decision on their participation in any return-to-training programming.

COVID-19 Return-to-Sport Committee

If able to, clubs should consider establishing a COVID-19 Return-to-Sport Committee. This committee would be responsible for:

- Completing risk assessment and determining gaps that club must look to fill in order to minimize risk.
- Monitoring the current COVID-19 situation and the latest developments.
- Communication to the club board of directors (if applicable), stakeholders, venues, membership of pertinent information related to COVID-19 and return-to-training.
- Creating and implementing new policies and procedures, including but not limited to, participant illness, screening, positive COVID-19 case in the club, stage requirements
- Educating membership (athletes, coaches, support staff, admin, parents, etc.) on new policies and procedures

- Preparing a plan to modify, restrict, postpone, or cancel return-to-training or training sessions due to COVID-19
- Be prepared to update rules, best practices, plans, and procedures as situations evolve
- Consult with PSO, NSO, local public health authorities while developing and implementing return-to-training procedures.

Emergency Action Plans (EAP)

Emergency action plans should already be completed and updated on a regular basis for all training groups and venues. In addition to “normal” EAPs, additional considerations must now be added to reflect COVID-19.

Venue EAP Components	Additional EAP Components in Response to COVID-19
<ul style="list-style-type: none"> • Venue location/address • Location of field (within venue, in relation to other landmarks) • Specific roles and responsibilities of individuals involved in EAP (charge, call, control) & who is in what role and their contact information (cell phone) • Location of access points to field • Obstacles to accessing field • Route for EMS to take to get to field (including any obstacles) • Location of emergency equipment (AED, spinal board, oxygen, other emergency equipment) • Location of nearest landline (if applicable) • Location of nearest hospital(s), urgent care centre(s), emergency dental, pharmacy • Protocols for inclement weather or severe circumstances (i.e. lightning, tornado, lockdown) • Any other pertinent information related to emergency situations 	<ul style="list-style-type: none"> • Local public health unit contact information • Location of nearest COVID-19 assessment centres • Protocols for participant illness and isolation • Considerations for if parent/guardian is not at the venue (as will happen with stage) → contact information, how to best reach them, back-up emergency contact • Considerations for if parent/guardian is at venue (can they access the training zone or must remain outside the venue) • Access to emergency equipment (if it is stored within the indoor facility and the facility is closed. For example, the AED for Cassie Campbell Community Centre is located within the community centre itself. What if we don't have access to the building?) • COVID-19 isolation policy • COVID-19 Response Plan • Dealing with injury during COVID-19 → considerations for unresponsive (can't screen them if they are unresponsive) • Any other pertinent information related to emergency situations and COVID-19

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Acknowledgements

Field Hockey Canada <http://www.fieldhockey.ca>

Appendix A: Field Hockey Ontario Initial Screening Tool

The following screening tool can be used to screen participants prior to their first training session with the resumption of training activities. Clubs should make modifications where applicable (ie. how/when the tool is completed), however the screening questions should be kept the same.

FIELD HOCKEY ONTARIO: COVID-19 PRE-PARTICIPATION INITIAL SCREENING

This screening tool must be completed by all participants before participation in their first on-field training session and before arrival at the venue, & submitted to FHO through PRIVIT profile by 8:00PM EST the day before training is scheduled for. Please await clearance status from FHO before proceeding to the venue for training. You will receive a notification from PRIVIT regarding your clearance status. DO NOT proceed to the venue for training if you are not cleared, as you will not be permitted to enter the training venue. FHO will provide further direction on your next steps regarding changing your clearance status to "cleared".

Date of Screen	Time of Screen	Location of Screen (City & Province)
1. Are you currently experiencing any of the following issues? Call 911 if you are.		
• Severe difficulty breathing (struggling for each breath, can only speak in single words)	Yes	No
• Severe chest pain (constant tightness or crushing sensation)	Yes	No
• Feeling confused or unsure of where you are	Yes	No
• Losing consciousness	Yes	No
2. Are you currently experiencing any of the following symptoms? Choose any/all that apply.		
• Fever (temperature of 37.8 degrees Celsius or higher, feeling hot to the touch)	Yes	No
• Chills	Yes	No
• Cough that is new or worsening (continuous, more than usual)	Yes	No
• Barking cough	Yes	No
• Making a whistling noise when breathing	Yes	No
• Shortness of breath (out of breath, unable to breath deeply)	Yes	No
• Sore throat	Yes	No
• Difficulty swallowing	Yes	No
• Runny nose (not related to seasonal allergies or other known causes/conditions)	Yes	No
• Lost sense of taste or smell	Yes	No
• Pink eye (conjunctivitis)	Yes	No
• Headache	Yes	No
• Digestive issues (nausea, vomiting, diarrhea, stomach pain)	Yes	No
• Muscle aches	Yes	No
• Extreme tiredness that is unusual (fatigue, lack of energy)	Yes	No
• Falling down often	Yes	No
• Sluggishness	Yes	No

FIELD HOCKEY ONTARIO: COVID-19 PRE-PARTICIPATION INITIAL SCREENING

<ul style="list-style-type: none"> • Loss of appetite 	Yes	No
3. Are you in any of these at-risk groups?		
<ul style="list-style-type: none"> • 65 years old or older 	Yes	No
<ul style="list-style-type: none"> • Moderate-to-severe asthma 	Yes	No
<ul style="list-style-type: none"> • Chronic kidney disease (especially on dialysis) 	Yes	No
<ul style="list-style-type: none"> • Chronic lung disease (COPD, emphysema, pulmonary fibrosis, cystic fibrosis, chronic or recent bronchitis) 	Yes	No
<ul style="list-style-type: none"> • Diabetes 	Yes	No
<ul style="list-style-type: none"> • Hemoglobin disorders (sickle cell disease, thalassemia) 	Yes	No
<ul style="list-style-type: none"> • Immunocompromised (cancer treatment, bone marrow transplant, organ transplant, immune deficiencies, HIV, prolonged use of corticosteroids &/or other immune-weakening medications) 	Yes	No
<ul style="list-style-type: none"> • Liver disease 	Yes	No
<ul style="list-style-type: none"> • Serious heart conditions (heart failure, coronary artery disease, congenital heart disease, cardiomyopathies, pulmonary hypertension) 	Yes	No
<ul style="list-style-type: none"> • Regularly going to a hospital or health care setting for treatment (ex. dialysis, cancer treatment, surgery) 	Yes	No
4. In the last 14 days, have you been in close contact with someone who tested positive for COVID-19? <ul style="list-style-type: none"> • Speaking with someone less than 2 metres away for over 15 minutes • Being in the same room or workspace for over 15 minutes • Living in the same home 	Yes	No
5. In the last 14 days, have you been in close contact with a person who is currently sick with a new cough, fever, and/or difficulty breathing?	Yes	No
6. In the last 14 days, have you been in close contact with a person who returned from outside of Canada in the last 14 days?	Yes	No
7. Have you travelled outside of Canada in the last 14 days?	Yes	No

I hereby certify that I have completed this screening tool truthfully and will abide by Field Hockey Ontario's COVID-19 Return-to-Training protocols:

Participant Name: _____

Participant Role (athlete, coach, official, etc): _____

Participant Signature: _____

Date: _____

Parent Signature (if participant under 18 years old): _____

Date: _____

Appendix B: Field Hockey Ontario Daily Participation Screening Tool

The following screening tool can be used to screen participants at each training session. Clubs should make modifications where applicable (ie. how/when the tool is completing, measuring temperature or not), however the screening questions should be kept the same.

FIELD HOCKEY ONTARIO DAILY PARTICIPATION SCREEN

The following screening tool is to be completed by all participants (athletes, coaches, other staff) upon arrival at all training sessions by a designated screener before being permitted onto field.

Participant Name:		Screener Name:	
Date of Screen:	Time of Screen:	Location of Screen:	
1. Temperature reading of 37.8 degrees Celsius or higher? (= fever)			Reading:
2. Do you have any new/worsening symptoms, including cough, shortness of breath, sore throat, difficulty swallowing, hoarse voice, runny nose, stuffy/congested nose, lost sense of taste, lost sense of smell, digestive issues (nausea, vomiting, diarrhea, abdominal pain), fatigue, falling down more than usual, chills, headache?			Yes No
3. Have you been in close contact with someone who has tested positive for COVID-19?			Yes No
4. Have you been in close contact with a person who is sick with new respiratory symptoms (ie. fever, cough, difficulty breathing)?			Yes No
5. Have you been in close contact with a person who recently travelled outside of Canada?			Yes No
6. Have you travelled outside of Canada within the last 14 days?			Yes No

Notes for Screener:

If the participant answered "no" to all questions → they are permitted to proceed to training, while continuing to follow current Field Hockey Ontario return-to-training guidelines. Physical distancing and self-monitoring for symptoms is to be continued.

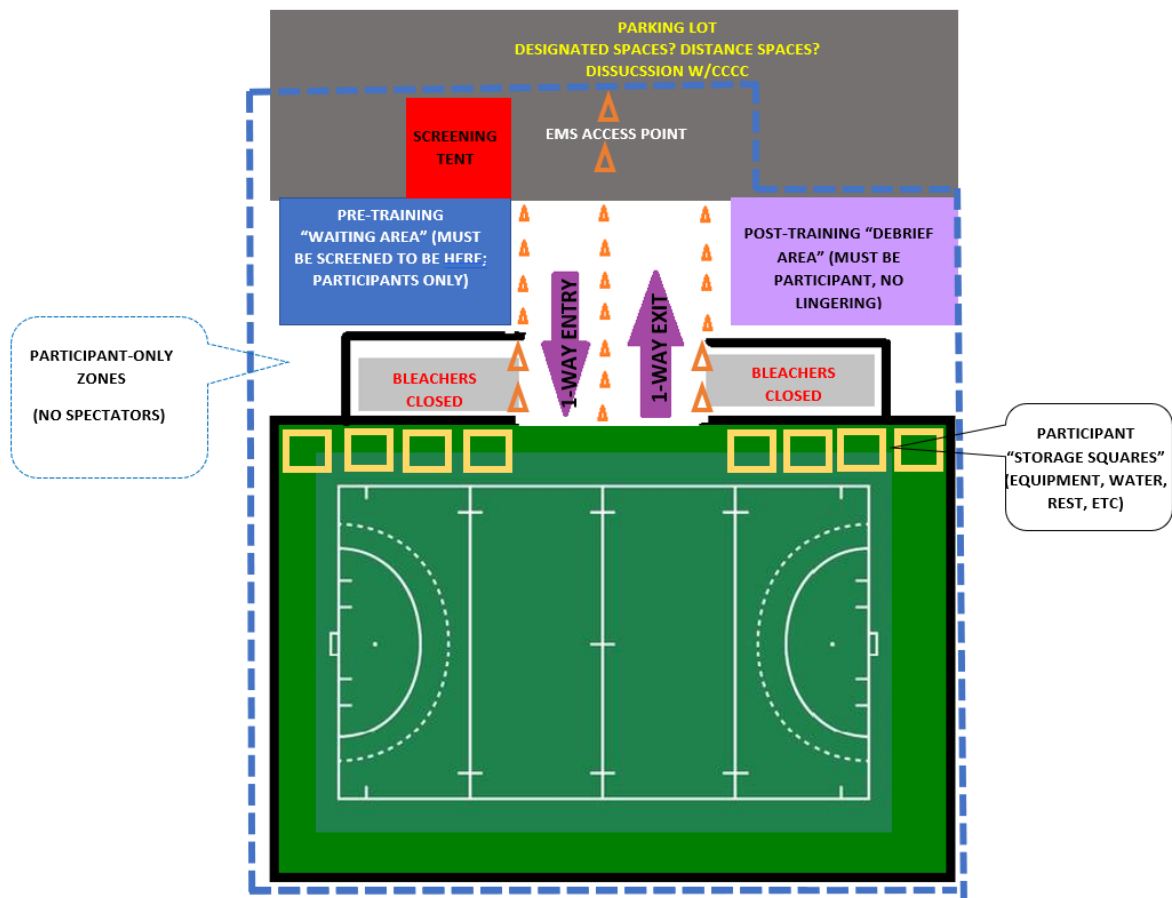
If the participant answered "yes" to any questions → they are NOT permitted to proceed to training. Next steps for participant:

- Return/stay home, maintaining physical distancing and self-monitoring.
- Self-isolation is required for 14-days.
- Seek testing for COVID-19 if symptoms arise. Consult your [local public health unit](#), doctor, or Telehealth Ontario (1-866-797-0000) for details on how to access testing for COVID-19.
- Call 911 if symptoms worsen (severe difficulty breathing, severe chest pain, loss of consciousness, feeling confused/unsure of where you are).

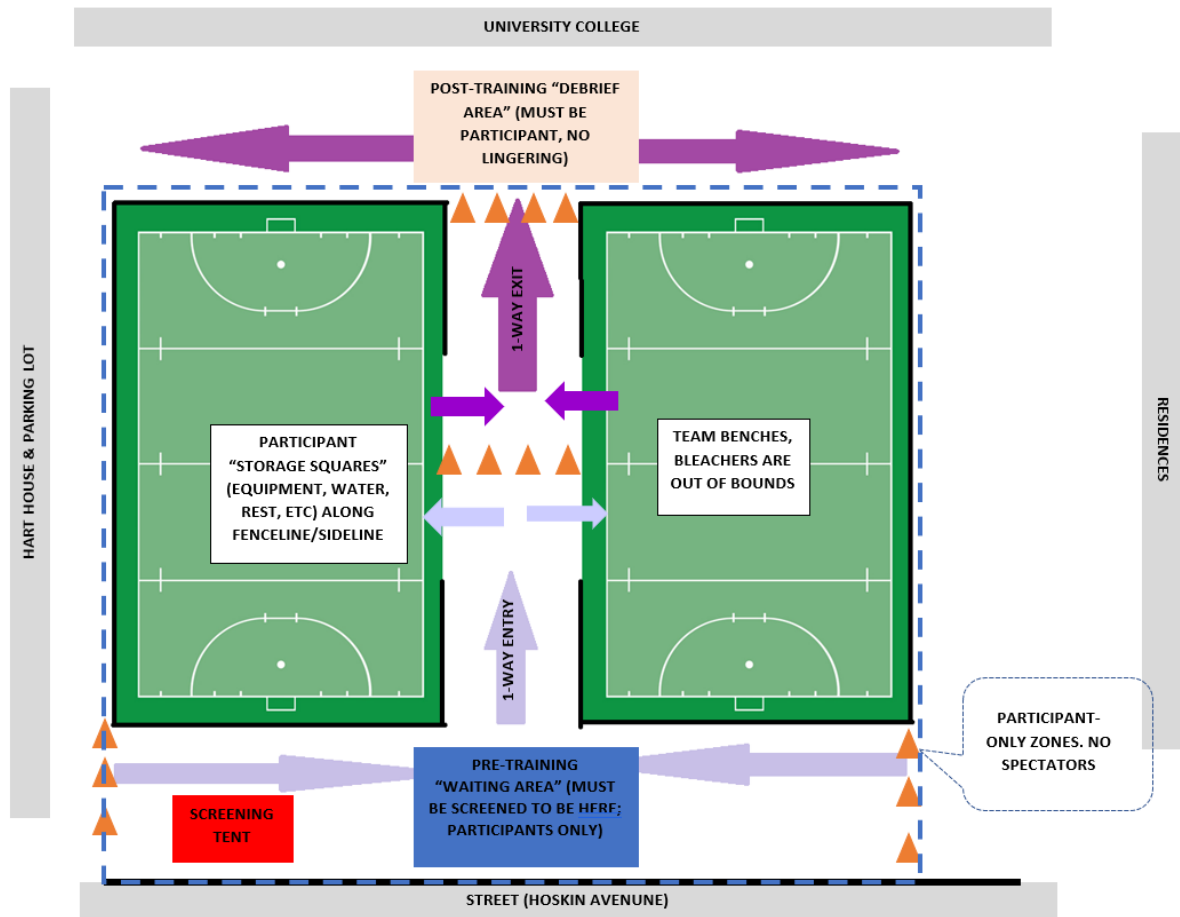
Appendix C: Sample Venue Maps

Please note, the following are just example schematics of possible venue set-up and are not to scale. They intended to provide clubs with an indication of what elements need to be considered in venue management planning. The 2 venues displayed were chosen due to the author's familiarity with the 2 venues. Each club may need to modify according to their specific venue(s). Communication with the venue is also important to ensure all parties are working together to provide a safe and healthy environment for all participants and patrons, especially regarding parking lots and access to washroom facilities.

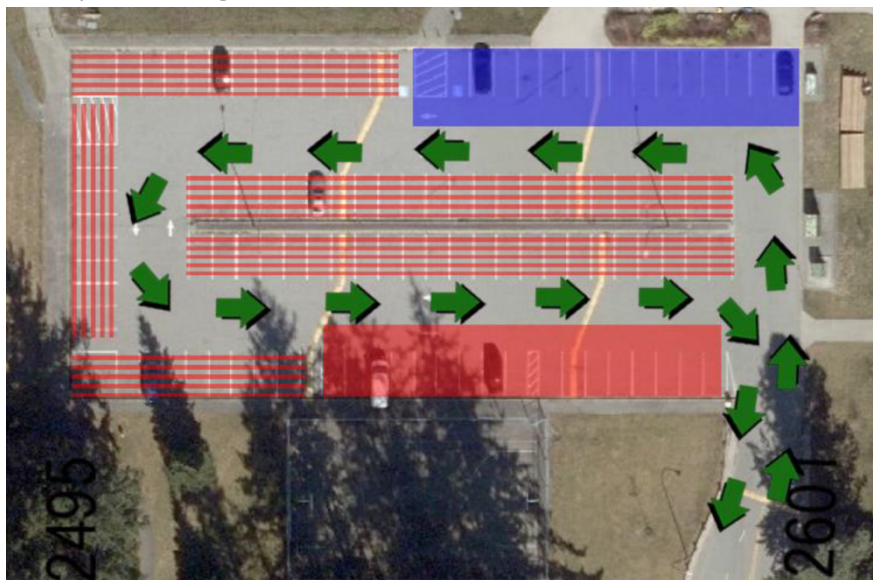
Cassie Campbell Community Centre



University of Toronto Back Campus Fields



Sample Parking Lot Flow



Appendix D: Sample Attendance Sheet

Club/Team:	
Date of Training Session:	
Time of Training Session:	
Venue:	
Anticipated Number of Participants:	
Actual Number of Participants:	

	Participant Name	Role	Phone Number	Email Address	Arrive Time	Departure Time	Screened? (Y/N)	Cleared Screen? (Y/N)
1								
2								
3								
4								
5								
6								
7								
8								

Field Hockey Ontario Return-to-Train Guidelines (Version 3)
Updated March 4th, 2021
Approved by Field Hockey Ontario's Board of Directors

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Appendix F: Sample Daily/Session Checklist Template

The following is a sample checklist that can be used by clubs at each training session to ensure a safe and clean environment for all participants. It is not all encompassing and is only meant to act as a guide. It is recommended that checklists be used to act as a record of actions taken and to ensure staff are maintaining a safe and clean environment.

Club:	Date:
Session(s) Start Time:	Sessions(s) End Time:
Location:	Total Number of Participants:
Venue Set-Up	
Have out-of-bounds areas been blocked off?	
Has one-way traffic flow throughout venue been established?	
Have one-way entry and exit points been clearly designated?	
Are 2-metre physical distancing markers in place in areas where groups/line-ups may occur?	
Are participant storage spaces for their personal items set-up (minimum 2.7metres x 2.7metres)?	
Are hand-sanitizing/hand-washing stations available on venue?	
Are hand-sanitizing/hand-washing stations fully stocked?	
Are hand-sanitizing/hand-washing stations cleaned in between groups?	
Is signage posted to direct traffic flow?	
Is signage posted to indicate "no-entry"/"out-of-bounds" areas?	
Is signage posted to provide information and reminders on COVID-19 policies and procedures?	
If applicable, has the parking lot been set-up to manage traffic flow, maintain physical distancing, and minimize the amount of additional persons accessing the venue who are not participating?	
Training Session	
Do all drills and activities maintain 2-metre physical distancing at all times?	
Have all participants been screened before accessing the training venue?	

Did any participants not pass the screen and were not permitted to proceed to training? Record specific at end of this checklist	
Have all coaches been briefed on the training session plan (ie. specifics on drills and activities)?	
Equipment	
Has all training equipment been cleaned properly after each use/training session?	
Training Group #1	
Training Group #2	
Training Group #3	
Add additional training groups as necessary....	
Has any equipment or surface that directly came into contact with a participant been cleaned?	
Venue Take-Down	
Have all signage, barriers, physical distancing markers, cones, etc been taken down?	
Have all participant areas been cleaned of any leftover garbage?	
Has all garbage been disposed of in closed containers?	
Has all equipment (training, screening, administrative, first-aid, hand-washing stations, etc) been thoroughly cleaned at the end of the day?	

Positive Screening Results: To Follow-Up On:

Additional Session Notes (challenges, what worked well, feedback, changes to make for next time, etc):

Appendix G: Ontario Public Health Units & Contact Information

- Some public health units may be part of 2 different Local Health Integration Networks
- Participants need to be aware of which local health unit they should report to (where they live, where they have been)
- Clubs need to be aware of which local health unit they should report to (venue location)

Public Health Unit	Major Municipalities/Main Location	Contact Information
Chatam-Kent Health Unit	Chatham	Tel: 519-352-7270 Fax : 519-352-2166 Website : ckphu.com
Lambton Health Unit	Point Edward	Tel: 519-383-8331 Toll: 1-800-667-1839 Fax : 519-383-7092 Website : www.lambtonhealth.on.ca
Windsor-Essex County Health Unit	Windsor	Tel: 519-258-2146 Fax : 519-258-6003 Website : www.wechu.org
Middlesex-London Health Unit	London	Tel: 519-663-5317 Fax : 519-663-9581 Website : www.healthunit.com
Grey Bruce Health Unit	Owen Sound	Tel: 519-376-9420 Toll: 1-800-263-3456 Website : www.publichealthgreybruce.on.ca/
Haldimand-Norfolk Health Unit	Simcoe	Tel: 519-426-6170 Fax : 519-426-9974 Website : www.hnhu.org
Southwestern Public Health	St. Thomas	Tel: 519-631-9900 Toll: 1-800-922-0096 Website : www.swpublichealth.ca
Huron Perth Health Unit	Stratford	Tel: 519-271-7600 Fax : 519-271-2195 Website : www.hp-ph.ca

Public Health Unit	Major Municipalities/Main Location	Contact Information
Wellington-Dufferin-Guelph Health Unit	Fergus, Guelph	Tel: 519-822-2715 Toll: 1-800-265-7293 Fax : 519-836-7215 Website : www.wdgppublichealth.ca
Region of Waterloo Public Health	Waterloo, Kitchener, Cambridge	Tel: 519-575-4400 Fax : 519-883-2241 Website : www.chd.region.waterloo.on.ca
Brant County Health Unit	Brantford	Tel: 519-753-4937 Fax : 519-753-2140 Website : www.bchu.org/
Hamilton Public Health Services	Hamilton	Tel: 905-546-CITY (2489) TTY 1-800-855-0511 Website : www.hamilton.ca/publichealth
Halton Region Health Department	Oakville, Burlington, Milton	Tel: 905-825-6000 Toll: 1-866-442-5866 TTY : 905-827-9833 Website : www.halton.ca/For-Residents/Public-Health
Niagara Region Public Health	Niagara, Thorold, St. Catharines	Tel: 905-688-3762 Toll: 1-800-263-7248 Fax : 905-682-3901 Website : www.niagararegion.ca/health
Toronto Public Health	Toronto	Tel: 416-338-7600 Website : www.toronto.ca/community-people/health-wellness-care/
York Region Public Health	Newmarket, Aurora, Vaughn	Toll: 1-877-464-9675 (Access York) Web : www.york.ca/wps/portal/yorkhome/health/
Peel Public Health	Mississauga, Brampton, Caledon	Tel: 905-799-7700 Website : www.peelregion.ca/health/
Peterborough Public Health	Peterborough	Tel: 705-743-1000 Fax : 705-743-2897 Web : www.peterboroughpublichealth.ca

Public Health Unit	Major Municipalities/Main Location	Contact Information
Haliburton, Kawartha, Pine Ridge District Health Unit	Haliburton, Kawartha, Port Hope	Toll: 1-866-888-4577 Fax : 905-885-9551 Web : www.hkpr.on.ca/
Durham Region Health Department	Durham, Oshawa, Whitby, Ajax	Tel: 905-668-7711 Fax : 905-666-6214 Toll Free : 1-800-841-2729 Web : www.durham.ca/en/health-and-wellness/health-and-wellness.aspx
Hastings & Prince Edward Counties Health Unit	Belleville	Tel: 613-966-5500 Fax : 613-966-9418 Web site : hpePublicHealth.ca
Leeds, Grenville, and Lanark District Health Unit	Brockville	Tel: 613-345-5685 Fax : 613-345-2879 Web : www.healthunit.org
Kingston, Frontenac and Lennox & Addington Health Unit	Kingston	Tel: 613-549-1232 Toll: 1-800-267-7875 Fax : 613-549-7896 Web : www.kflaph.ca
Eastern Ontario Health Unit	Cornwall	Tel: 613-933-1375 Toll: 1-800-267-7120 Fax : 613-933-7930 Web : www.eohu.ca
Ottawa Public Health	Ottawa	Tel: 613-580-6744 Toll: 1-866-426-8885 TTY : 613-580-9656 Fax : 613-580-9641 Web : www.ottawapublichealth.ca
Renfrew County & District Health Unit	Pembroke	Tel: 613-732-3629 Toll: 1-800-267-1097 Fax : 613-735-3067 Web : www.rcdhu.com
Simcoe Muskoka District Health Unit	Barrie, Muskoka	Tel: 705-721-7520 Health Connection (Toll free) 1-877-721-7520 Fax : 705-721-1495 Web : www.simcoemuskokahealth.org

Public Health Unit	Major Municipalities/Main Location	Contact Information
Northwestern Health Unit	Kenora	Tel: 807-468-3147 Toll: 1-800-830-5978 Fax : 807-468-4970 Web : www.nwhu.on.ca
Timiskaming Health Unit	New Liskeard	Tel: 705-647-4305 Fax : 705-647-5779 Web : www.timiskaminghu.com
North Bay Parry Sound District Health Unit	North Bay, Parry Sound	Tel: 705-474-1400 Fax : 705-474-8252 Web : http://www.myhealthunit.ca
Algoma Public Health Unit	Sault Ste. Marie	Tel: 705-942-4646 Toll: 1-866-892-0172 Fax : 705-759-1534 Web : www.algomapublichealth.com
Sudbury & District Health Unit	Sudbury	Tel: 705-522-9200 Toll: 1-866-522-9200 Fax : 705-522-5182 Site web : www.phsd.ca
Porcupine Health Unit	Timmins	P.O. Bag 2012 169 Pine Street South Timmins, ON P4N 8B7 Tel: 705-267-1181 Web : www.porcupinehu.on.ca
Thunder Bay District Health Unit	Thunder Bay	Tel: 807-625-5900 Toll: 1-888-294-6630 (807 area only) Fax : 807-623-2369 Web : www.tbdhu.com