

Ice Hockey NSW

Returning to sport after
COVID-19



COVID-19: Returning to sport

Ice Hockey NSW is pleased to provide the following COVID-19 guidelines for the information of members, clubs and rinks.

As restrictions ease and sport returns for the remainder of 2020, the safety of all participants is still the biggest priority. We recognize that our sport presents a unique combination of recognised risk factors and that we must be diligent to ensure risks are controlled. It's important that we re-start our sport in a way that mitigates risk to our members and reduces the possibility that government forces a shutdown of community sport again in the future as a result of further outbreaks.

Authorities regard sports like Ice Hockey as higher risk than most others and in contrast to previous guidance from them, they are now prepared to allow our sport to return to play at the same time as all other community sport. We should recognise that if there is community transmission due to our sport it's possible the government will take specific measures that are targeted at ice rinks and/or our sport. This would be a major setback, so we need to do everything possible to avoid this outcome.

We are confident that our Ice Hockey NSW community will act appropriately and conduct any activities within restrictions, allowing the future of our season to continue and our members to stay safe.

Please note the most up to date information in this document has been highlight in red.

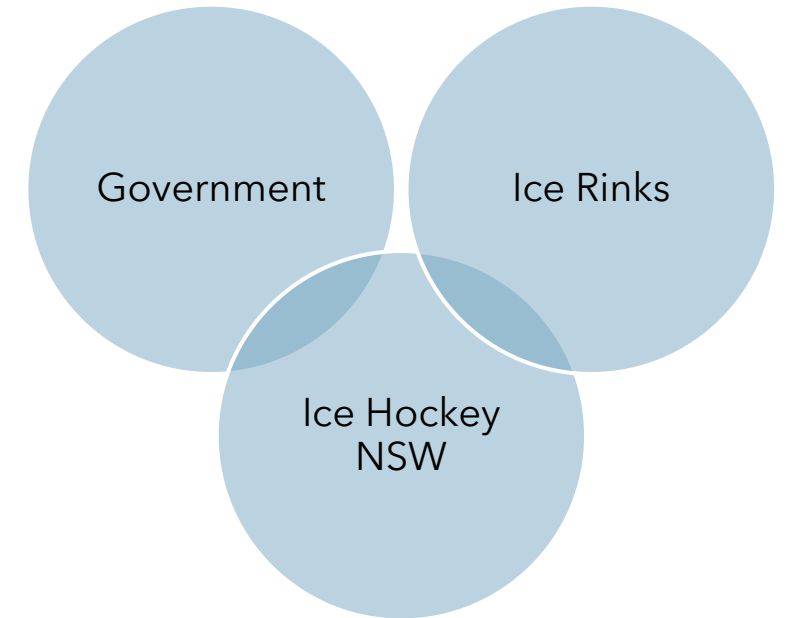
Stakeholders and Compliance

The compliance requirements of all stakeholders must be taken into consideration at each activity to ensure the health and safety of participants and for activities to continue to go ahead.

These stakeholders include:

- Federal and State Government restrictions
- Ice Rinks
- Ice Hockey Australia
- Competitions outside of IHNSW (AIHL, National Champs, etc)
- Clubs/Teams

This document aims to summarise the requirements of all stakeholders, however when arranging Ice Hockey activities you should also be aware of any specific policies provided to you by your rink, and any NSW Government Public Health orders in place.



NSW Government Public Health Orders

CORONAVIRUS (COVID-19) UPDATE

From Saturday 13 June, the following was allowed:

- outdoor public gatherings of groups up to 20 people
- indoor recreational facilities can reopen - activities with up to 20 people per group are allowed, with no more than 100 people in an indoor venue at one time
- community centres, including their recreational facilities can reopen and;
- some indoor recreational facilities including pools and saunas can reopen with restricted numbers

The following restrictions were still in place:

- the four square meter rule must be applied at all times when determining how many people can be at a venue
- group activities are restricted to a maximum of 20 people (IE gym class or training session) including coaches/trainers/officials
- Social distancing (1.5metres)
- group gatherings or meetings before or after activities are limited to 20pax with appropriate social distancing

Activities not permitted

- Training groups of more than 20 (indoor and outdoor)*
- Full contact training activities

From Wednesday 1 July, the following will be allowed:

- Community sport competitions can resume (Under and Over 18 years)
- Training groups of more than 20 (indoor or outdoor)
- Full contact training activities

However the following restrictions are still in place:

- **Take steps to minimise spectators**
- Social distancing (1.5metres)
- No (or very limited) sharing of equipment
- No (or very limited) group gatherings or meetings before or after activities - always with appropriate social distancing

Organisers of activities of more than 20 participants should:

- comply with a COVID-19 Safety Plan (IHNSW Safety Plan, this document and rink specific guidelines) that addresses the matters required by the COVID-19 safety checklist (Safety Plans: nsw.gov.au/covid-19/)
- keep a copy of the COVID-19 Safety Plan (IHNSW Safety Plan and this document) and make it available for inspection by an authorised officer if requested

Always check the NSW Government Covid-19 information page for the most up to date public health orders:

<https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules>

IHNSW: Pathway to returning to sport

All activities must be conducted within current NSW Government Public Health Orders

LEVEL A

(Level during IHNSW Season postponement)

Ice rinks closed

Individual or paired fitness training with social distancing (outdoors)

No shared equipment and social distancing measures strictly adhered to at all times (no contact)

Restrictions on travelling away from the home for non-essential activities

LEVEL B

(Level from June 13)

Ice rinks re-open with capacity restrictions

Diligent hygiene and social distancing measures in place

Small groups <20 skills or fitness training allowed (indoors and outdoors)

Non-contact - incidental bumps tolerated. Physical distancing rules of 1.5m still apply

An area of 4m² is required per person (i.e. a minimum of 80m² for 20 people)

No use of shared change room facilities - toilets only - arrive ready to train and depart quickly

No shared equipment

No gathering as a group before or after activities

LEVEL C

(Current Level updated 16 July)

All competitions can resume

Normal team training

Contact allowed

Diligent hygiene and social distancing measures in place

Sharing equipment strongly discouraged

Spectator numbers restricted to one per person juniors - none for seniors

Use of changerooms strongly discouraged - strict capacity restrictions in place

Travel to other ice rinks allowed

Interstate travel depending on current restrictions in place

Clubs to consider appointing a volunteer COVID Marshal to monitor guidelines compliance



Guidelines for activities

From 1 July, restrictions on community sport activities have been eased.

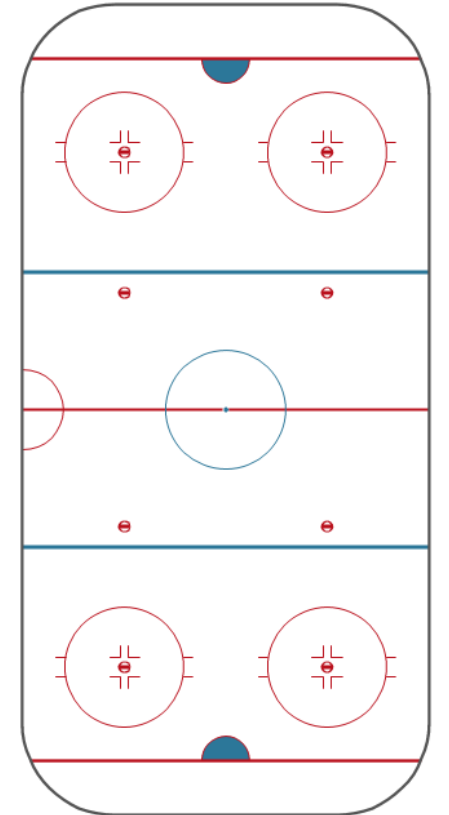
- Contact is allowed
- Groups of more than 20pax are allowed

However all activities should be conducted within the following guidelines:

- Spectator numbers restricted to one per person juniors - none for seniors
- participants adhere to 1.5 metres social distancing where possible (IE team meetings of the groups, benches, changerooms)
- there is no crowding to get on or off the ice (staggered start and finish times if necessary)
- there should be no sharing of training or match equipment between sessions or games (ie new pucks)
- there should be no unnecessary contact (IE hand shaking or contact with a referee)
- Participants should drive directly to the venue, compete, and then return to their homes following the activity - avoiding any social gatherings before or after the activity. There should be no car pooling or shared transport arrangements for participants not from the same household.
- use of changerooms is strongly discouraged - strict capacity restrictions in place. If you must get changed at the rink, adhere to the venue guidelines and move quickly so that you can make space for someone else to use the area after you.

Physical distancing is only relaxed for:

- Participants who are training or competing on the ice
- Family members from the same household
- When medical attention is required



A reminder that this document is based on the information available at the time of publication. It is important to note that the Public Health Orders are changing all the time and when appropriate, IHNSW will make changes and updates to this information and resend to you for your information.

Spectator Restrictions

From 17 July, sport and recreation organisations will be required to take increased steps to minimise the number of spectators attending community sport events. These steps include:

- Limiting entry to indoor facilities and fenced venues to one person per participant at junior sport where practical
- Restricting spectator entry at adult community sport

We ask that you clearly communicate this to your members via email, social media and websites reinforcing that only parents and carers should attend community sports activities where possible.

All spectators must comply with venue conditions of entry; including but not limited to Contact Tracing and Recording, Temperature checks and limits on spectator numbers.

All clubs should be managing their members to ensure that no one who has visited Victoria in the last 14 days or who has had any contact with a positive case or attended a COVID-19 case location in NSW is attending Ice Hockey activities until they have been cleared by NSW Health to resume, and would not pose any risk in the future.



Before returning to Ice Hockey activities

All participants, officials, club and rink volunteers and staff should not attend any Ice Hockey NSW activities if they:

- Have any flu-like symptoms
- Have been in direct contact with a known case of COVID-19 in the previous 14 days
- Have travelled internationally in the preceding 14 days
- Are at high risk from a medical perspective, including the elderly and those with pre-existing medical health conditions
- Are not considered an essential participant. Essential participants are players, coaches, match officials, staff, volunteers and parents/guardians of players

Any participants previously infected must ensure they no longer pose any infection risk to their community and that they have sufficiently recovered to safely participate in training, playing and other physical activity required.

Anyone displaying symptoms should be encouraged to speak to a doctor and seek testing for COVID-19.

To help minimise the potential impact of any COVID-19 outbreak on our sport, we encourage all attendees at a facility to download the Australian Government COVID-19 contact tracing app (COVIDSafe)



Getting tested for COVID-19

Participants who are awaiting the results of a COVID-19 test:

- Must self isolate immediately
- Should advise their club that they are self isolating and waiting for a test

Participants who recently trained or played with a player who is now awaiting a COVID-19 test do not need to self isolate or get tested unless they feel unwell or become symptomatic.

Please monitor yourself for symptoms and act accordingly.

If a club is advised that a player is being tested for COVID-19:

- The team does not need to self isolate
- Team members do not need to get tested unless symptomatic
- Team members must monitor themselves for symptoms for 14 days
- If a player feels unwell or becomes symptomatic, they must self isolate immediately and get tested

If a player tests positive or a club is advised of a confirmed case of COVID-19:

- Immediately follow the advice of health authorities - Consult with Service NSW Covid-19 Helpline on 13 77 88 (available 24 hours, 7 days)
- Notify Ice Hockey NSW
- The person with COVID-19 will be advised by health authorities to immediately self isolate
- NSW Health will undertake contact tracing to determine who has been in close contact or casual contact with the positive case
- The advice given by NSW Health to the club and individuals may vary depending on the results of the contact tracing
- Persons who have tested positive should only return to sport following NSW Health advice or with a medical clearance



When participating in Ice Hockey activities

In order to ensure all participants are able to stay safe during sporting activities, we ask that everyone involved are vigilant with personal and social hygiene and adhere to the following recommendations:

- Be prepared for training/competition prior to arrival at the ice rink to minimise use of communal facilities (e.g. gym, changerooms) - if you need to get changed at the rink, please follow rink instructions and stay socially distanced
- Hand hygiene is critical. Clean your hands with soap and hot water for 20 seconds, or an alcohol-based hand sanitiser. Wash your hands frequently
- Cover your nose and mouth when coughing and sneezing with tissue or a flexed elbow. Always practice cough etiquette (keep away from other people, cover coughs and sneezes with disposable tissues or clothing, and clean your hands)
- Avoid touching your eyes, nose and mouth
- **STAY AT HOME IF YOU ARE FEELING UNWELL**
- Where possible maintain distance of at least 1.5m during activities, including the bench and team meetings
- Wherever possible, the puck should only be moved by stick and should be disinfected often, including between uses, when it leaves the ice etc. Any participant touching a puck by hand (IE coach or official) should ensure they are taking precautions re: regular hand washing and no touching of eyes, face, mouth
- NO spitting or clearing of the nose on the ice
- NO sharing drink bottles, towels, mouthguards, gloves or any other equipment (including whistles for coaches/officials). Items such as training bibs or jerseys for players that are reused must have laundry processes in place between uses
- NO hand shaking before or at the end of games. Keep your gloves on and tap or line up to stick tap the other team



Club and rink recommendations

Ice Hockey NSW clubs are encouraged to work with rinks to provide the following for the best interests of all participants, officials, volunteers and rink staff:

- Clubs and rinks should complete the Office of Sport COVID Safety Plan checklist: <https://www.nsw.gov.au/covid-19/industry-guidelines/sports-recreation-and-gyms>
- Ensure communal spaces, surfaces and objects are regularly cleaned with disinfectant of an appropriate strength
- Display conditions of entry and posters promoting good hygiene and social distancing around the venue
- Promote regular and thorough handwashing by all attendees
- Provide soap in all bathrooms, changerooms and canteen wash areas
- Have hand hygiene stations at clearly visible locations at the venue
- Introduce cleaning protocols for equipment (IE pucks) and facilities and if necessary, allow longer time between activities to ensure this can be completed
- Ensure that changerooms are restricted areas, accessible only to players, officials and essential staff and never exceed safe capacity
- Monitor attendee numbers and ensure they stay within capacity restrictions
- Promote contact tracing - by ensuring all attendees have downloaded the Australian Government COVID-19 contact tracing app (COVIDSafe) - and/or record contact details of all attendees
- Discourage co-mingling of participants from different games or time slots
- Reduce crowding wherever possible and promote physical distancing with markers on the floor



And most of all, we ask all club and rink volunteers and staff to lead by example!

Recommendations and rules for Officials

To ensure the safety of our officials, Ice Hockey NSW players and officials should work towards the following guidelines:

- Pucks are to be picked up and dropped by non whistle hand during game play
- Have 2 sets of pucks, 1st set for warm up only to be handled by teams only and then disinfected. 2nd set for officials to be handled by officials only, if pucks go over boards they are to be collected and disinfected before next use
- Hand sanitiser to be provided and kept with official's pucks and to be used during stoppages as required
- Goal nets are to be placed by home teams before or between periods and after the game ends. During game play if nets are moved, in Senior games players to reset nets into place while leaving gloves on, and in U18s games the officials will reset nets and then sanitise hands
- Officials arriving for next game should get changed early and vacate room to allow space for other officials to use
- No Shaking of hands at end of game teams could stand on opposing bluelines and raise sticks to each other and then leave ice surface

During gameplay the following penalties may be issued following actions by any player or team official:

1. A player or team official who spits anywhere in the rink during the game will be penalised under IIHF Rule 168 Unsportsmanlike Conduct iii Misconduct (10')
2. A player or team official who, outside of normal gameplay, encroaches on and remains in an official's personal social distancing space of 1.5 meters will be penalised under IIHF Rule 116 Abuse of Officials iii Misconduct (10')
3. A player or team official who shouts at an official at any time during the game will be penalised under IIHF Rule 116 Abuse of Officials i Minor (2') and subsequently under iv Game Misconduct (20') if required.
4. All player scrums should be penalised, any gathering of players after the whistle should be penalised under IIHF Rule 158 Roughing i with a minor (2'), double minor (2'+2'), or major (5') and automatic game-misconduct (20') penalty.



Contact tracing recording

Rinks and Clubs should implement **contact tracing methods** for all participants and attendees so that these can be used should an outbreak occur. This can be achieved through your registrations for members and by collecting contact details of any other attendees at activities.

Date	Time	Name	Phone	Email Address

Some clubs and rinks may find it helpful to register participants in advance online, and 'check off' each name as they arrive.

Contact details are not to be used for any other reason (IE marketing) and should be retained for 28 days.

Clubs should work with rinks to ensure that this is properly managed during Ice Hockey activities and advise members to expect this when they arrive.

It's important to remember that if using communal pens and notebooks to record attendees, you should also provide hand sanitiser and conduct regular cleaning of this area.



Further resources, guidelines, checklists and templates

This information is designed for use by clubs to guide the behaviour of participants, rinks and other attendees – please use this document as a sport specific guide to how you can safely operate and comply with the NSW Government Public Health orders whilst returning to activities. This document should not be treated as an exhaustive list of procedures that you can implement to protect the health and safety of participants – but as an information kit to guide you in your decision making.

This document is based on the information available at the time of publication. It is important to note that the Public Health Orders are changing all the time and when appropriate, IHNSW will make changes and updates to this information and resend to you for your information.

Any individual or representative of a club can consult with the Service NSW Covid-19 Helpline on 13 77 88 (available 24 hours, 7 days) if you have any questions.

The NSW Government has made a number of COVID Safe resources available for State Sporting Organisations and Clubs to access, including:

- COVID-19 Safety Plans for Sport, recreation and gyms - <https://www.nsw.gov.au/covid-19/industry-guidelines/sports-recreation-and-gyms> (pictured above)
- Posters and signage for COVIDSafe best practices (including directional signage and hygiene information) - <https://www.nsw.gov.au/covid-19/industry-guidelines/posters-and-signage-for-business>
- Apply to become a 'Covid Safe Business' <https://www.nsw.gov.au/register-your-business-as-covid-safe>

The Office of Sport provides regular sporting sector specific updates on their Coronavirus update page <https://sport.nsw.gov.au/novel-coronavirus-covid-19>

Participants, Coaches and Officials can also complete a free **COVID Safe Sport Coaches & Officials Certification** via OpenLearning and earn a certificate of completion <https://www.openlearning.com/courses/covid-safe-sport-coach-certification/>

The screenshot shows the top portion of a document titled 'COVID-19 Safety Plan' for 'Community sporting competitions and full training activities'. It includes the NSW Government logo, the date '10 June 2020', and introductory text explaining the plan's purpose. Below this is a form section for 'ORGANISATION DETAILS' with fields for 'Organisation name', 'Plan completed by', and 'Approved by'. Further down is a section for 'REQUIREMENTS FOR ORGANISATIONS' which contains a table with two columns: 'REQUIREMENTS' and 'ACTIONS'. The table lists several requirements such as 'Wellbeing of staff and visitors', 'Provide staff and volunteers with information and training on COVID-19', and 'Make staff aware of their leave entitlements if they are sick or required to self-isolate'.

REQUIREMENTS	ACTIONS
Wellbeing of staff and visitors Exclude staff, volunteers, parents/carers and participants who are unwell.	
Provide staff and volunteers with information and training on COVID-19, including when to get tested, physical distancing and cleaning, and how to manage a sick visitor.	
Make staff aware of their leave entitlements if they are sick or required to self-isolate.	
Display conditions of entry (website, social media, venue entry).	