



# FIELD HOCKEY NOVA SCOTIA'S RETURN TO PLAY GUIDELINES

This document is updated as of September 12, 2020

Field Hockey Nova Scotia  
<http://fieldhockeyns.ca/>

# TABLE OF CONTENTS

## 1. DISCLAIMER

## 2. GENERAL INFORMATION ABOUT COVID-19

## 3. BACKGROUND

## 4. OVERVIEW

4.1. REGIONAL LIFTING OF SUSPENSIONS

4.2. CONDITIONS FOR RETURN TO FIELD HOCKEY: RETURN TO MODIFIED GAMES /ACTIVITY

## 5. TIMELINES, RECOMMENDATIONS AND GUIDELINES FOR MEMBERS AND AFFILIATED CLUBS

## 6. OPERATIONAL GUIDELINES FOR RETURN TO FIELD HOCKEY

6.1 ASSUMPTIONS

6.2 GENERAL GUIDELINES FOR ALL PARTICIPANTS

6.3 TRAINING SESSION NUMBERS AND PLAYER TO COACH RATIO

6.4 TRAINING SESSION– EQUIPMENT & HYGEINE

6.5 TRAVEL RESTRICTIONS

6.6 PROLONGED PHYSICAL CONTACT/ TEAM MEETINGS

## APPENDICES

APPENDIX 1: ATTENDANCE AND CONTACT TRACING LOG

APPENDIX 2: DAILY PARTICIPATION SCREEN

APPENDIX 3: PLAYER CHECKLIST

APPENDIX 4: PARENT GUARDIAN CHECKLIST

APPENDIX 5: STAFF/ COACH VOLUNTEER CHECKLIST

APPENDIX 6: SAFETY OFFICER CHECKLIST

APPENDIX 7: PROVINCIAL SYMPTOM REPORT PROCESS

*WHEN TO CALL 811*

*TESTING*

*WHEN TO SELF-ISOLATE*

*SELF- ISOLATION MEANS:*

*IN YOUR HOME:*

APPENDIX 8: CLUB COVID RISK COMMUNICATION PLAN & REPORTING PROCESS

## **1. DISCLAIMER**

This document has been prepared by Field Hockey Nova Scotia (FHNS) 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 Nova Scotia, and Field Hockey Canada (FHC). 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 Nova Scotia's Return to Play Phases 1, 2 and 3. Each FHNS member and affiliated club is responsible for assessing the risks in their training environments and practicing the appropriate safety procedures to minimize those risks, while following the guidance of public health and government authorities.

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.

This document is provided on an "as is" basis and for information purpose only. FHNS makes no representations or warranties of any kind, express or implied, as to the direct, inferred or implicit information, directives, recommendations included in this document. To the full extent permissible by applicable laws, FHNS disclaims all warranties, express or implied, including but not limited to, implied warranties related to the quality, accuracy, truth, timeliness, sequence, completeness, merchantability, fitness for a particular purpose, non-infringement, or continued availability of this document.

FHNS shall not be liable for any damages of any kind arising from the use of this document including but not limited to direct, indirect, incidental punitive and consequential damages related to the return to training or competition in Field Hockey. The participant accepts to use this document and the information herein contained at his or her own risks.

The participant declares that he or she is entirely and solely responsible for the use of this document and the information herein contained, for his or her return to sport and for following public health directives as prescribed by the municipal, provincial and federal health authorities applicable to his or her context and place of practice of the sport.

The participant agrees to indemnify and holds FHNS harmless from any and all losses, damages, liability and costs resulting directly or indirectly from any claim or demand against Field Hockey Canada arising out of or related to the accuracy or completeness of the document, his or her use of the document or information herein contained or his or her violation of the present conditions or any applicable laws and regulations.

## 2. GENERAL INFORMATION ABOUT COVID-19

# ABOUT CORONAVIRUS DISEASE (COVID-19)

### WHAT IT IS

**COVID-19 is an illness caused by a coronavirus.**

Coronaviruses are a large family of viruses. Some can infect animals, and some can infect humans. COVID-19 is a new disease caused by the coronavirus (SARS-CoV-2) that was first identified in Wuhan, China in December 2019. COVID-19 was declared a global pandemic in March 2020.

Those who are infected with COVID-19 may have little to no symptoms. **Symptoms of COVID-19** are often similar to other illnesses.

### SPREAD

Coronaviruses are most commonly spread from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

### IF YOU HAVE SYMPTOMS

If you have **symptoms** of COVID-19:

- ▶ stay home (**isolate**) to avoid spreading it to others
  - if you live with others, stay in a separate room or keep a 2-metre distance
- ▶ call ahead before you visit a health care professional or call your **local public health authority**
  - tell them your symptoms and follow their instructions
- ▶ if you need immediate medical attention, call 911 and tell them your symptoms

### SYMPTOMS

**Symptoms** of COVID-19 can:

- ▶ take up to 14 days to appear after exposure to the virus
- ▶ be very mild or more serious
- ▶ vary from person to person

### PREVENTION

The best way to prevent the spread of infections is to:

- ▶ practice **physical distancing** at all times
- ▶ stay home if you are sick to avoid spreading illness to others
- ▶ wash your hands often with soap and water for at least 20 seconds
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands
- ▶ avoid close contact with people who are sick
- ▶ when coughing or sneezing:
  - cover your mouth and nose with your arm or tissues to reduce the spread of germs
  - immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards
- ▶ clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs
- ▶ wear a **non-medical mask or face covering** (i.e. **constructed** to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) to protect the people and surfaces around you

## FOR MORE INFORMATION ON CORONAVIRUS:

1-833-784-4397 @ [canada.ca/coronavirus](https://canada.ca/coronavirus)

### **3. BACKGROUND**

Field Hockey Nova Scotia (FHNS) is a provincial volunteer organization operating under the auspices of Sport Nova Scotia. FHNS responded to the global COVID-19 pandemic by following government recommendations and suspended all field hockey activities on March 13<sup>th</sup>, 2020 and has since been monitoring the situation closely. We are eager for all players to return to practice and games. However, the health and safety of all participants and citizens must remain the number one priority.

In accordance with evolving guidelines from federal and provincial governments, Field Hockey Canada, and Sport Nova Scotia, FHNS is providing its recommendations and guidelines for members, affiliated clubs/teams, administrators, coaches, umpires and anyone organizing field hockey related activity under the Governance of Field Hockey Nova Scotia (i.e. sanctioned field hockey activity).

COVID-19 symptoms can range from mild to severe depending on several variables. Current medical recommendations attempt to mitigate risks related to COVID-19. The primary goal is to avoid becoming infected and spreading to other people in the community. The impact of COVID-19 is continually changing our environment and may differ by area. This document is meant to complement not replace local public health and recreation facility advice which should be followed to provide a safe environment for all participants. FHNS will continue to monitor the situation and update our community on our website.

In the short term, modifications will need to be made to field hockey activities in order to ensure that they meet federal and provincial guidelines and are consistent with the limits inherent in Phase 1 to 3 of the Return to Play plan. We are pleased that the gradual, responsible, phased approach can finally proceed with our guidelines and recommendations.

Below are the working timelines, guidelines, measures, precautions and supporting documentation to assist a phased return to field hockey activity in Nova Scotia.

## 4. OVERVIEW

### 4.1. REGIONAL LIFTING OF SUSPENSIONS

Field Hockey Nova Scotia will continue to follow the Nova Scotia Health Authority and Public Health recommendations to lessen restrictions and the suspension of on-field activity.

### 4.2. CONDITIONS FOR RETURN TO FIELD HOCKEY: RETURN TO MODIFIED GAMES / ACTIVITY

Before field hockey activities can occur anywhere in Nova Scotia, **ALL** of the following conditions must be met.

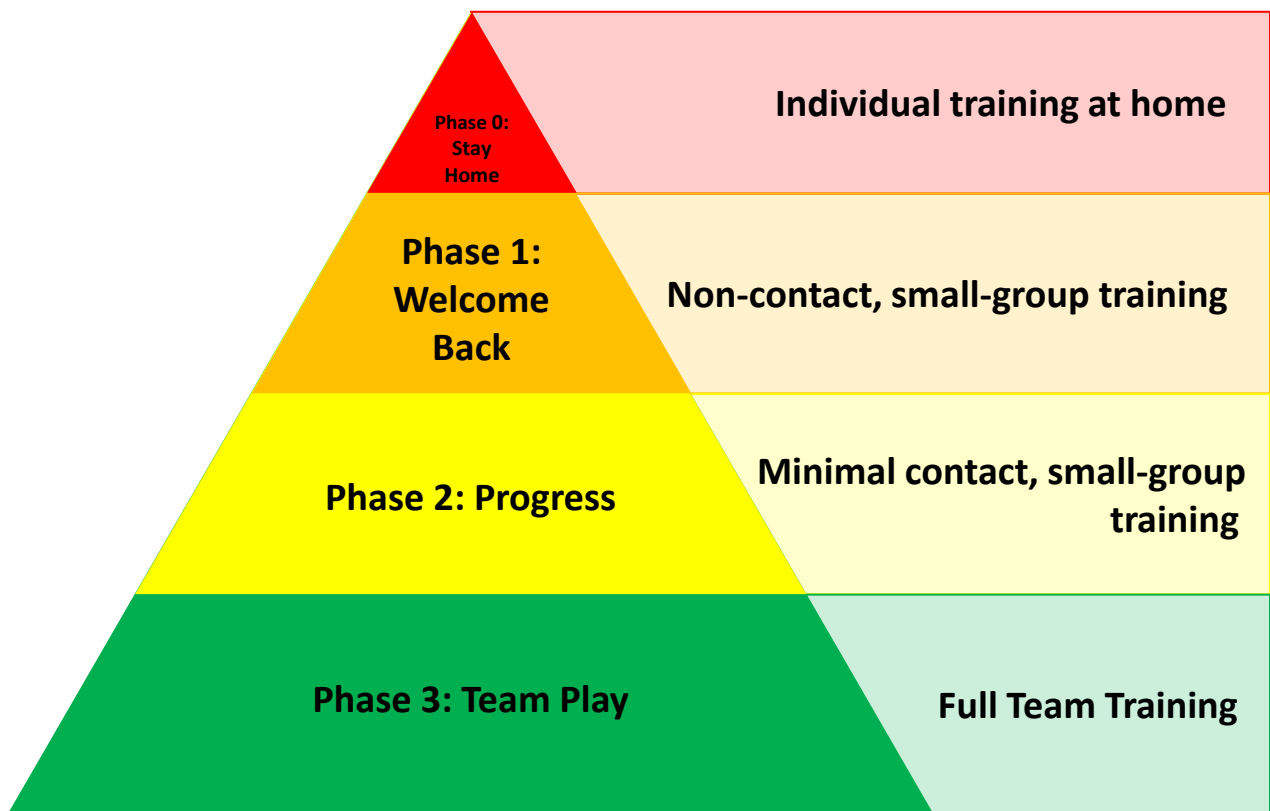
The following four steps have been completed and will continue to be monitored and adjusted on an as needed basis.

1. The Federal & Provincial Governments ease lockdown restrictions in Nova Scotia
2. The Nova Scotia Government in co-ordination with Nova Scotia Health Authority and Sport Nova Scotia allows organized sport to resume.
3. Municipal Governments allow organized sport to access fields (Municipal owned or Private).
4. Field Hockey Nova Scotia's Return to Play Plan is presented to and approved or deemed compliant to Provincial Health Regulations as determined by:
  - The Nova Scotia Government and/or Nova Scotia Health Authority (Dr. Strang)/ Sport Nova Scotia
  - Field Hockey Canada

## 5. TIMELINES, RECOMMENDATIONS AND GUIDELINES FOR MEMBERS AND AFFILIATED CLUBS

The Field Hockey Nova Scotia's Return to Play Plan will be a 4-phase fluid approach as restrictions are eased. Movement from and to each phase will be dependent upon and remain in alignment with the [Nova Scotia Provincial Government Coronavirus Guidelines](#).

### Field Hockey Nova Scotia's Return to Play Framework



Phase 0: Stay Home	Phase 1: Welcome Back	Phase 2: Progress	Phase 3: Team Play
Physical Distancing Measures in Place	Up to 10 people without physical distancing and up to 50 people with physical distancing	Up to 10 people without physical distancing and up to 50 people with physical distancing	Physical Distancing Measures are removed
Individual Activities	Training drills only, no games	Training drills & introduction of small game formats 1v1 to 5v5	All training and game formats  1v1 to 11v11
Complete Return to Field Hockey Assessment Tool	Complete Return to Field Hockey Assessment Tool	Complete Return to Field Hockey Assessment Tool	Complete Return to Field Hockey Assessment Tool
Ensure alignment with Sport Nova Scotia and & Provincial Government guidelines prior to resuming field hockey	Ensure alignment with Sport Nova Scotia and & Provincial Government guidelines prior to resuming field hockey	Ensure alignment with Sport Nova Scotia and & Provincial Government guidelines prior to resuming field hockey	Ensure alignment with Sport Nova Scotia and & Provincial Government guidelines prior to resuming field hockey
Alignment to <a href="#">Field Hockey Canada Return to Play Resource Document</a> is critical	Alignment to <a href="#">Field Hockey Canada Return to Play Resource Document</a> is critical	Alignment to <a href="#">Field Hockey Canada Return to Play Resource Document</a> is critical	Alignment to <a href="#">Field Hockey Canada Return to Play Resource Document</a> is critical
No formal league, travel or province-sanctioned competition structure	No formal league, travel or province-sanctioned competition structure	No formal league, travel or province-sanctioned competition structure	

As of the last update of this document (September 12, 2020), FHNS is currently operating under **Phase 2**.



## **Phase 0: Stay Home (Individual training at home)**

- Players are required to train at home/individually or with a family member that lives in the player's home

## **Phase 1: Welcome Back (Non-contact, small group training)**

During Phase 1, the 2-metre physical distancing in place at all times

The following are examples of drills/skills that can be utilized in Phase 1 programming:

- Dribbling drills
  - Use of obstacles in place of actual defenders
  - Obstacles/cones to be sanitized/disinfected before and after session
- Passing drills
- Shooting drills
- Aerial training
- Passive tactical walk-throughs
  - i.e. breakouts, press, forward rotations
- Penalty corner specialty skills
  - Will not be at game speed if a stick stopper is used
  - Stick stopper would stop ball, move 2-metres away, and shooter would come in to take shot
  - Defensive players could practice running routes with no goalkeeper in net, no attacking players on circle
- Any other drill or activity that maintains 2-metre physical distancing

The following are drills/skills that **cannot** be permitted in Phase 1 programming:

- Tipping in circle congestion or with goalkeeper coming out to pressure
- Offence vs defense (unless 2-metre physical distancing is maintained)
- Tackling
- Full penalty corners with offense and defense  
(unless individual specialty skill training as mentioned above)
- Scrimmages/mini-games
- Any other drill or activity that does not respect the 2-metre physical distancing restriction

## **Phase 2: Progress (Minimal contact, small group training)**

Field hockey is generally a non-contact sport, however there are portions of the game that require players to be within 2-metres of each other. During Phase 2, update with easing of restrictions allow the following:

### Update as of Aug 17:

1. Teams can now play 5 v 5. One coach per team is allowed, coaches are considered incidental contact and should remain 6 feet/ 2 metres from players. Umpires are not permitted at this time

2. Teams of 3 v 3, 4 v 4 or 5 v 5 can now play 2 games within a day. The players on a team are required to be the same players from game 1 to game 2. Teams can play two different teams within one day. The timeframe does not matter.

3. If playing 3v3 or below, small-sided games are permissible within the bubble of 10.

4. If need be, coaches may work with multiple groups per session and throughout the day, while continuing to follow proper health protocols. We still recommend that coaches remain consistent as much as possible

5. Balls may be passed from grid to grid

The province is currently stating that they will review the public health protocols for sports again in late September (subject to change)

### Phase 3: Team Play (Full team training)

It is not known when full team training and play will be permitted. At this time, FHNS does not allow clubs/teams to move into Phase 3. Currently, Phase 3 details are not fully available as there are still many unknowns. This and the timing of progressing to Phase 3 will depend on factors including success of Phase 2 and how the Covid-19 pandemic evolves. FHNS will continue to monitor the situation and follow guidelines provided by federal and provincial health authorities and FHC and update our community through the FHNS website (<http://fieldhockeyns.ca/>).

#### 1. Safety Officer (1 per session):

Qualifications:

- the Safety Officer must be a person over the age of 18 must be available at all sessions
- their primary role is ensure that all participants adhere to current government and public health safety protocols (outlined in the FHNS Return to Play)
- the Safety Officer may be a parent or volunteer

Responsibilities: The Safety Officer will:

- aid in athletes entering and exiting the field of play
- ensure proper daily screening (See DAILY PARTICIPATION SCREEN -Appendix 2) and completion of the ATTENDANCE AND CONTACT TRACING LOG (Appendix 1)
- work with the coaches by setting up/moving cones for drills
- will set up cones at a physically distanced length for each participant to leave their equipment/filled water bottle/sanitizer
- direct each player to their individual spot for storage of equipment and water bottles
- set up hand sanitizers and help with First Aid
- sanitize equipment at the end of the session

## **2. Coach (2-4 per session):**

### Qualifications:

- a coach must be a person over the age of 18 must be available during the session to run the athletes through drills

### Responsibilities: The Coach will:

- will discuss with Safety Officer the setup for that day's practice (moving of cones, nets, etc.)
- assist with First Aid if required, at which point they should wear a mask/gloves

## **3. Athletes**

### Qualifications:

- all athletes must be registered with FHNS and FHC by submitting completed membership-waiver form and fees.

### Responsibilities:

- athletes must come to the turf prepared with their own equipment (stick, shin pads, turf shoes, mouthguard, filled water bottle)
- will be dropped off no more than 10-15 minutes before the start of session
- athletes will wait for direction from coaches and with the help of Safety Officer be positioned on the turf for training
- participants should return home directly after training and not linger at the venue
- participants should clean mouth guard, stick, shin pads, turf shoes and other equipment used while training
- athletes should shower and wash training clothes after returning home
- athletes should continue self-monitoring for symptoms, practice physical distancing, and follow public health guidelines when off-site

## **4. Parent/Friends**

### Responsibilities:

- At this point parents, friends, or anyone not directly training or participating in the sessions may not enter the training facility
- Athletes should have quick contact with parents for pick up due to injury or other medical issues that develop during the session. They must leave the turf promptly.

## 6. OPERATIONAL GUIDELINES FOR RETURN TO FIELD HOCKEY

### 6.1 ASSUMPTIONS

- Parents of athletes are asked to ensure their athlete and themselves are asymptomatic of Covid-19 symptoms prior to coming to a field hockey session.
- Anyone with symptoms will not be allowed to participate in field hockey sessions until proven negative
  - **Symptoms of Covid-19 may include:**
    - new or worsening cough
    - shortness of breath or difficulty breathing
    - fever
    - chills
    - sore throat
    - runny nose
    - sneezing
    - congestion
    - headache
    - acute loss of sense of smell or taste
    - unusual fatigue
- Self-isolation rules for [Out of Atlantic Canada Travel](#) are adhered to in the athlete's household
- Athletes in households where household members are awaiting Covid-19 test results shall not attend field hockey until the test returns negative. If positive, and athlete has been in contact with that person, they cannot play field hockey
- Parents and athletes participating in field hockey this season shall follow FHNS's Return to Play Guidelines to minimize risk to themselves, family members, athletes, and coaches
- Physical distancing will be practiced when coming and going to the facilities as well as during all training as per Field Hockey Nova Scotia's Return to Play Framework and Phases (See Section 5)
- Hand sanitizer should be provided for those participating in FHNS sanctioned programs
- FHNS members and affiliated clubs will adhere to instructions provided by the municipalities/facilities that operate the playing fields including university/schools/ indoor turfs/ and gymnasiums for field hockey

## 6.2 GENERAL GUIDELINES FOR ALL PARTICIPANTS

- All participants (including coaches, athletes, safety officers and volunteers) must follow facility safety protocols
- Athletes must complete the DAILY PARTICIPATION SCREEN (Appendix 2) prior to the beginning of each training session. The athlete will not be permitted to enter the facility or participate in the training session if they answer “Yes” to any of the screening questions. If the athlete answers “No” to all questions they will then be registered in the ATTENDANCE AND CONTACT TRACING LOG (Appendix 1) with their current contact information and be allowed to participate in the training session.
- The daily participation screening information and attendance and contact tracing log must be kept in an accessible and secure location for a minimum of six weeks. Only athletes registered for the session will be permitted to enter.
- Staff may wear masks and have hand sanitizer to use throughout the session. Those performing First Aid must wear masks /gloves
- Do not come to training if you are feeling sick. Anyone showing or experiencing signs and/or symptoms of Covid-19 will not be permitted to train.
- If possible, arrive at training on your own using private transportation (personal car, bike, walk). Avoid carpooling and rideshares if possible
- 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 past the screening checkpoint
- Arrive 10-15 mins before training, ready to train. Prepare yourself for training at home (training attire, washroom, equipment preparation 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 by a Covid-19 Officer
- Proper physical distancing measures (2 meters) must be maintained outside the field until it is your turn to be permitted on the field. Respect all ground markers that have been laid out to delineate 2-metre physical distancing.
- Follow all signs and directions for field entry, exit, and access. A designated Safety Officer will be present for supervision and assistance
- Physical distancing mandates a minimum of 2-metre distance between all participants (athletes, coaches, support staff).

### 6.3 TRAINING SESSION NUMBERS AND PLAYER TO COACH RATIO

- Facilities/venues may have restrictions on how many individuals are allowed to be on the pitch at one time. These must be adhered to.
- To ensure proper physical distancing when not actively engaged in training drills/activities, FHNS continues to endorse small training group sizes and limit the player to coach ratio as outlined in the table below.

	# of Athletes per Training Group	# of Coaches (with physical distancing)	# of Safety Officers (with physical distancing)	Player: Coach Ratio
No physical distancing	Max: 10	1	1	10:1
With physical distancing	Ideal: 14 Max: 18	1	1	Ideal: 14:1 Max: 18:1
Training/Games	Within Team/Club			

- Update as of July 3: provincial lifting of restrictions allows new gathering limits. This means that there can be a maximum of 50 participants on a field of play, physically distanced, if the facility space allows, or there can be groups of 10 participants who are not distancing, provided each group is distanced from the other, again to a total of 50 participants. As per previous communications, it is recommended that each group of 10 remains the same as much as possible.

## 6.4 TRAINING SESSION– EQUIPMENT & HYGEINE

### Equipment:

- Safety Officer / Coach should set-up all cones and equipment used for training
- Players should not move nets or equipment
- Equipment that is shared (team balls, cones, nets, etc.) should only be handled (using hands) by the designated group leaders
- All equipment must be sanitized between sessions
- If pinnies are used, they must be washed after every session. Alternative and recommended solution is for players to bring 2 colours to every session (light and dark)

### Hygiene:

- All Hygiene requirements remain in effect from Phase 1 Documentation
- All users must follow the directional signage and protocols to enter/exit the facilities
- Face masks should be worn by all participants upon pitch arrival, screening, pitch departure, training preparation, accessing any indoor amenities/facilities (ie. washroom), and team meetings/gatherings
- Clubs/facility operator to provide signage outlining physical distancing and Hygiene guidelines and should be visibly posted (see <https://novascotia.ca/coronavirus/resources/> )
- Minimal use of bathroom facilities, sanitization is required between uses, check facility protocols. Athletes should come prepared for their activity.
- Team benches should not be used
- No spectators allowed. All players and coaches must adhere to physical distancing of at least 2-metres (6 feet)
- All activities are required to have, at minimum, hand sanitizer readily available (provided by coach/club/ or each player)
- Warm-up and Cool-down should be completed while maintaining physical distancing.
- Team meetings, gatherings, and debriefs should be completed via virtual means as much as possible

## 6.5 TRAVEL RESTRICTIONS

Travel is not authorized to events/competition outside of Nova Scotia at this time.

### Phase 2:

- stay within own community, no formal competition structure, exhibition games or tournaments
- No club vs. club competition
- Intra-club modified activities and games permitted only within participants registered within one club and while maintaining Public Health Protocols

## 6.6 PROLONGED PHYSICAL CONTACT/ TEAM MEETINGS

Prolonged physical contact (i.e. team/group meetings/discussions, embraces, etc.) is discouraged. Virtual gatherings should be used as much as possible.



**APPENDIX 1: FIELD HOCKEY NOVA SCOTIA ATTENDANCE AND CONTACT TRACING LOG**

Contact tracing logs for all participants must be completed for every training session/ activity and must be available to be accessed quickly to ensure efficient contact tracing. Contact Tracing logs can be done online or completed onsite by a responsible adult and must be maintained for a minimum of 6 weeks.

Club/Team:
Date/Time of Training Session:

Venue:
Number of participants:

	Participant Name	Phone No:	Email	Arrive Time	Depart Time	Cleared Screen? (Y/N)
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						
16.						
17.						
18.						
19.						
20.						
21.						

	Participant Name	Phone No:	Email	Arrive Time	Depart Time	Cleared Screen? (Y/N)
22.						
23.						
24.						
25.						
26.						
27.						
28.						
29.						
30.						
31.						
32.						
33.						
34.						
35.						
36.						
37.						
38.						
39.						
40.						
41.						
42.						
43.						
44.						
45.						
46.						
47.						
48.						
49.						
50.						

## APPENDIX 2: FIELD HOCKEY NOVA SCOTIA DAILY PARTICIPATION SCREEN

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

### Notes for Screener:

If the participant has answered “NO” to all questions they are permitted to proceed to training, while continuing to follow current Field Hockey PEI return-to-play guidelines. Physical distancing and self-monitoring for symptoms is to be continued.

If the participant answered “YES” to **any** question they are NOT permitted to proceed to training. Next steps for participant:

- Return/stay home, maintaining physical distancing and self-monitoring
- Self-isolation required for 14 days
- Seek testing for COVID-19 if symptoms arise. Contact your local public health unit, doctor or call 8-1-1.
- Call 911 if symptoms worsen (severe difficulty breathing, severe chest pain, loss of consciousness, feeling confused/unsure of where you are)

Participant Name:		Screener Name:	
Date of Screen:	Time of Screen:	Location of Screen:	
1. Do you have any new/worsening symptoms including cough, shortness of breath, difficulty swallowing, hoarse voice, runny nose, stuff/congested nose, lost sense of taste, lost sense of smell, digestive issues (nausea, vomiting, diarrhea, abdominal pain), fatigue, falling down more than usual, chills, headaches?	Y e s	N o	
2. Have you been in close contact with someone who has tested positive for COVID-19?	Y e s	N o	
3. Have you been in close contact with someone who is sick with new respiratory symptoms? (i.e. fever, cough, difficulty breathing)?	Y e s	N o	
4. Have you been in close contact with someone who has recently traveled outside of Canada?	Y e s	N o	
5. Have you traveled outside of Atlantic Canada in the last 14 days?	Y e s	N o	

### **APPENDIX 3: PLAYER CHECKLIST**

Use this checklist to help your players prepare for the field safely

#### **BEFORE YOU LEAVE HOME**

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose), check for symptoms daily
- Check for fields closures
- Eat before arriving to the venue – no food at the venue. Water bottles are permitted
- Thoroughly wash your hands with soap and warm water, when possible bring hand sanitizer
- Thoroughly wash water bottles with soap and warm water
- Bring thoroughly washed equipment (uniforms, socks, shin pads)
- Use the washroom
- Show up at the field dressed and ready to train
- Register your attendance for contact tracing

#### **ARRIVAL AT FIELD/ FACILITY**

- Enter through established entrances
- Respect physical distancing guidelines
- Wash and/ or disinfect hands at provided handwashing stations, if available
- DO NOT share water bottles
- Follow traffic flow signs to your location, if available
- Place your equipment in the designated area, following distancing protocols, six feet or 2 meters from anyone else's equipment
- If placed in a group of 10, remain in that group for the duration of the training session/ activity

#### **AFTER ACTIVITY IS COMPLETE**

- NO LOITERING
- Exit through established exits
- Wash and/ or disinfect hands at provided handwashing stations, if available
- Follow traffic flow signs out of your location
- Respect physical distancing guidelines
- Thoroughly wash water bottles with soap and warm water (at home)
- Thoroughly wash equipment (uniforms, socks, shin pads, personal soccer ball) (at home)

#### **APPENDIX 4: PARENT / GUARDIAN CHECKLIST**

Use this checklist to help prepare for a safe environment for your son/daughter.

##### **BEFORE YOU LEAVE HOME**

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose), check for symptoms daily
- Check for fields closures

CONTINUE IF PARTICIPATING IN TRAINING (required by your club / team) or STAYING AT TRAINING (must be within the 50-person limit and physical distancing)

- Eat before your come
- Thoroughly wash your hands with soap and warm water, when possible bring hand sanitizer
- Thoroughly wash water bottles with soap and warm water
- Use the washroom
- Show up at the field dressed and ready to train (if participating in training)
- Register your attendance for contact tracing

##### **ARRIVAL AT FIELD/ FACILITY**

- Drop player off at facility entrance, remain close in case of injury or emergency
- Respect physical distancing guidelines, if staying at training
- Consider wearing PPE (masks, gloves)
- Consider bringing personal hand sanitizer

##### **AFTER ACTIVITY IS COMPLETE**

- NO LOITERING.
- Respect physical distancing guidelines
- Pick player up at facility exit
- Leave facility parking lot

## APPENDIX 5: STAFF / COACH VOLUNTEER CHECKLIST

Use this checklist to help prepare for the field safely

### BEFORE YOU LEAVE HOME

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose), ensure you are checking for symptoms daily
- Eat before you come
- Thoroughly wash your hands with soap and warm water, when possible bring hand sanitizer
- Thoroughly wash water bottles with soap and warm water
- Bring thoroughly washed/sanitized equipment (uniforms, socks, shin pads, soccer balls)
- Use the washroom
- Show up at the field dressed and ready to train
- Register your attendance for contact tracing

### ARRIVAL AT FIELD/FACILITY SET-UP

- Respect physical distancing (unless part of contact group of 10)
- Set-up established entrances & exits with clear traffic flow considerations
- Set-up traffic flow signs to your location
- Set-up hand washing station and wash and/ or disinfect hands at handwashing stations

### PLAYER ARRIVAL/ ON FIELD

- Conduct player health check (if doing at the field)
- Conduct contact tracing logs, all participants/ spectators including coach must be accounted for (maximum 50 people), additionally contact groups of 10 must be tracked together
- Set-up physical distancing 'grids' for participants (at least 2 metres apart or following the most recent public health guidelines). Max 10 per grid
- Set-up area for participants personal belongings (at least 2 metres apart)
- DO NOT share water bottles
- Sanitize all shared equipment between sessions or use a separate set for each session
- Consider wearing PPE (masks, gloves) at all times, mandatory if dealing with an injured player. Know where PPE is located
- Consider bringing personal hand sanitizer

### AFTER ACTIVITY IS COMPLETE

- Sanitize all shared equipment (balls, cones etc.) between group arrivals if applicable and at end of day

## **APPENDIX 6: SAFETY OFFICER CHECKLIST**

Use this checklist to help adhere to Return to Play guidelines and maintain a safe environment

- Read, understand and follow Return to Play FHC Guidelines
- Attend pre-activity meeting with Head Coach and staff
- Bring and set up cleaning equipment as per FHC Return to Play Guidelines
- Ensure all athletes and staff have completed their waiver and attestation prior to stepping onto the field
- Ensure arrival of athletes is in accordance to the Return to Play Guidelines for the field
- Ensure proper physical distancing is adhered to during session
- Ensure departure of athletes is in accordance to the Return to Play Guidelines for the field
- Assist with cleaning training equipment at the end of the session

## **APPENDIX 7: PROVINCIAL SYMPTOM REPORT PROCESS**

(From [Provincial COVID-19 Website](#))

COVID-19: symptoms, self-isolation and when to seek help

If you're worried you've been exposed to COVID-19, you may need to call 811 to see if you should be tested. You may also need to self-isolate.

**SYMPTOMS OF COVID-19 INCLUDE:**

- fever (chills, sweats)
- cough or worsening of a previous cough
- sore throat
- headache
- shortness of breath
- muscle aches
- sneezing
- nasal congestion or runny nose
- hoarse voice
- diarrhea
- unusual fatigue
- loss of sense of smell or taste
- red, purple or blueish lesions on the feet, toes or fingers without clear cause

The severity of COVID-19 symptoms can range from mild to severe, and in some cases, can lead to death. Current information suggests most people don't experience severe illness or need to be hospitalized.

If you think you or a participant might have been exposed to COVID-19 if you have travelled. The Government of Nova Scotia, under the authority of the Health Protection Act, requires anyone who has travelled outside Nova Scotia to self-isolate for 14 days from the day they get back to the province, even if they don't have symptoms. As a club please ensure you know that no participants, coaches or family members of participants have traveled outside of the province within 14 days.

### ***WHEN TO CALL 811***

If you have any one of the COVID-19 symptoms, or any other symptoms that concern you, call 811 for assessment by a nurse.



## *TESTING*

Nova Scotia Health Authority has established COVID-19 assessment centres. If you need in-person assessment, 811 will refer you to a centre. Do not go to a COVID-19 assessment centre unless 811 referred you.

## *WHEN TO SELF-ISOLATE*

You need to self-isolate for 14 days if you:

- are waiting for your COVID-19 test results
- have tested positive for COVID-19
- have tested negative for COVID-19, but had close contact with someone who has or is suspected to have COVID-19
- have been told by Public Health that you may have been exposed and need to self-isolate
- are returning from travel outside Nova Scotia, even if you don't have symptoms

## *SELF- ISOLATION MEANS:*

- avoid sport, work, school or other public areas
- limit contact with people you live with
- use a separate bedroom and bathroom if you can
- take and record your temperature daily and avoid fever reducing medications (like acetaminophen and ibuprofen)
- have groceries and other supplies delivered
- avoid anyone with chronic conditions or a compromised immune system, and older adults
- don't have visitors to your home
- don't use public transit or taxis
- stay home (avoid contact with other people)
- call 811 for assessment if you have any one of the symptoms

## *IN YOUR HOME:*

- keep shared spaces (like kitchens and bathrooms) clean and well ventilated
- use soap and water to clean dishes and utensils after each use
- clean door handles, light switches, railings, remotes and other high-touch areas daily
- clean your home and household items with store bought disinfectant or diluted bleach solution—5 mL of bleach per 250 mL of water, or 20mL per litre
- wash clothes and linens using your regular laundry soap and water (60-90°C)
- don't share personal items, like toothbrushes, clothing, towels or drinks
- use disposable gloves and protective clothing (like plastic aprons) when cleaning anything soiled with bodily fluids, if available

## **APPENDIX 8: CLUB COVID RISK COMMUNICATION PLAN & REPORTING PROCESS**

### **IF A PARTICIPANT TESTS POSITIVE FOR COVID-19**

When anyone tests positive for COVID-19, Public Health contacts them directly. They'll work with the person to identify all close contacts and conduct a risk assessment to determine if any of their close contacts need to self-isolate. Public Health will directly contact anyone who needs to self-isolate. In some cases, this means Public Health will contact the participant's club if they were at training when they might have been contagious.

If Public Health does not contact your club or Field Hockey Nova Scotia, that means they decided the risk to people at your club was low. You do not need to do anything if Public Health doesn't contact you, and participants who weren't directly contacted can continue going to scheduled activity.

If any of your participants need to stay home, you cannot ask them for a doctor's note. Your participants will contact you when Public Health has cleared them to return to activity.

### **ENSURE CONFIDENTIALITY**

It is important that any targeted communicable disease interventions:

- are non-stigmatizing; and
- respect the confidentiality of all persons involved.

This includes maintaining privacy for people who are:

- seeking health care
- in self-isolation; or
- involved in contact tracing or outbreak investigation

### **CLEAR COMMUNICATION ACCOUNTABILITY**

- FHNS, in coordination with clubs, is responsible for the communication on any suspected and/ or COVID out-break within the Field Hockey Community. Public Health will be in contact with the appropriate people should there be COVID-19 exposure
- Club Presidents are accountable for operations of their clubs. Club Presidents and/ or designated staff member must have a solid and clear reporting system to FHNS's President
- Coaches must have a solid reporting system to their Club President and / or designated staff
- Umpire instructors must have a solid reporting system to FHNS's President / and or Umpire Development Officer

### **RESPONSIBILITIES**

- Club must have a designated person(s) to lead media activities and tasked with managing all external communication along with Soccer Nova Scotia and Provincial and Municipal government official, the general public, and the media. (Please identify who the club spokesperson will be)
- Club must have clear communication via email, and social media channels