



Being COVID-19 Safe

Tips and Hints for COACHES



1 | COMMUNICATE & EDUCATE PLAYERS

- Before training resumes hold an information session via video conferencing with your players and parents.
- Follow the HA guide of maximum two zones on a hockey pitch for 20 people per zone (both grass and turf apply).
- Reinforce the rules at the start of each training session.
- Run an activity that encourages players to come up with new appropriate ways to celebrate and congratulate each other. i.e. that don't involve high fives, or being close to each other.
- Share the information on protocols that must be followed at venues.
- **At all times reinforce the message 'that if you feel unwell stay home'.**



2 | IDEAS FOR TRAINING

- Physical condition and fitness training
- Measuring base fitness (e.g. yo-yo test)
- Receiving and distribution skills in line with the 1.5m social distancing
- Goal shooting and goalkeeping skills



3 | MAINTAIN HYGIENE BY

- Not allowing sharing of personal equipment
- Be prepared with cleaning solutions to clean equipment at the end of practice
- Use hand sanitiser when entering and exiting the pitch
- Bring your own water bottle and encourage players to do the same



4 | MAINTAIN SOCIAL DISTANCING BY

- Conducting training drills that are designed with social distancing measures in place – remain 1.5m apart at all times.
- Not standing around close to other participants during or in between drills (e.g. when waiting in line/at a cone)
- Once the session concludes, encourage participants to leave the facility immediately and not gather after training in the venue or car park
- Accidental/unintentional contact may occur however must be avoided wherever possible.
- To minimise unnecessary contact to reduce the risk of infection the AIS Framework recommends the following approach to training:

'Get in, train, get out'