



VILFHA COVID-19 Safety Plan

The VILFHA Safety Plan outlines the measures that will be followed to keep coaches, athletes, volunteers, and visitors safe. The plan will align with guidelines and orders provided by public health authorities, ViaSport, Field Hockey BC (FHBC), and Field Hockey Canada (FHC).

The primary objective of the Safety Plan is to prevent the transmission of Covid-19. The secondary objective is to ensure the ability to track all possible transmission in the case of an outbreak.

We will continue to adapt measures in response to public health guidance as our current environment is continually evolving. This plan is fluid and will be updated as needed.

VILFHA is adopting a Program Cohort model which limits Cohorts to maximum 42 athletes, 3 Coach/Leaders and 2 Safety officers with 2 Umpires. There can be no more than 49 participants based on Public Health order limiting gathering size.

Spectators are discouraged from attending. Any spectator must be off the field and outside the fenced area. They are requested to maintain 2 m physical distancing at a minimum.

Roles & Responsibilities

All participants:

- Stay up-to-date on current public health recommendations.
- Complete self-assessment (screening) before coming to the field hockey pitch. Do NOT come if you respond YES to any of the screening questions. STAY HOME if you are feeling unwell. Self assessment tools are available at <https://bc.thrive.health/>

- Follow public health guidelines on personal hygiene and physical distancing.
- Wear appropriate training clothing and bring only your water bottle(s) and stick.
- Maintain 2 m distance at all times when off the field of play (outside the white lines)
- Do not share water bottles, personal gear, food etc.

Communication

- Up to date guidelines for Return to Play are posted on Field Hockey BC <https://fieldhockeybc.com/> and ViaSport <https://www.viasport.ca/>
- Relevant adjustments to safety measures will be made and participants will be alerted by email and update to VILFHA web page <https://vilfha.teampages.com/>
- Coaches, players and volunteers will be trained on facility and equipment cleaning protocols.

Public Health Awareness

- Public health advice on COVID-19, including symptoms and measures to reduce transmission, will be posted on signs
- Athletes, coaches and staff are asked to review and agree to safety measures

Screening

- All players and volunteers are required to complete a COVID attestation form prior to entering the turf area.
- Anyone who is feeling unwell MUST stay home.
- Coaches, Safety Officers and Umpires have the ability to deny entry to anyone who answers yes to any of the screening questions or whose disregard for safety measures puts other at risk.

Facility Access & Flow

Cowichan Sportsplex

- enter through the gate and provide COVID attestation form to Safety Officer,
- maintaining 2 meter distance from others participants then go to their designated space to drop off their personal belongings.

- Players not involved in a scrimmage may train in the 'warm-up area' near the gate when other members of their cohort are scrimmaging
- Only participants within a cohort may be admitted onto the field – this includes the warm-up area (ie Div 1/2 may not use the warm-up area when Div 2/3 is playing)

Uvic-enter from the far gate (farthest from McKinnon Gym)

Exit from the gate near McKinnon gym and the road

Wear masks onto and off the field and in the parking lot

No spectators allowed

Cleaning, Hygiene & Sanitation

- Clean and/or disinfect high touch surfaces at the beginning and end of each training session.
- Each cohort will be provided with cleaning and sanitizing supplies
- Balls will be washed with soap and water following use
- Cohorts will keep their balls and Safety Officer pinnies separate for duration of the season – ie cohorts will not share balls or pinnies

Medical and Public Health Response Plan and Management of New and Suspected Cases

- Anyone who complains of feeling ill while at the field during training will be asked to leave immediately and complete self-assessment or further assessment/medical attention as warranted Island Health's COVID-19 Call Centre: 1-888-268-4319 <https://www.islandhealth.ca/learn-about-health/covid-19>
- Anyone onsite will be asked to wash their hands and all equipment and surfaces touched by the individual will be cleaned and disinfected immediately.).
- Information for contact tracing will be provided to public health officials by the VILFHA president or other executive as requested for contact tracing. Contact information is maintained and names of participants will be stored for 1 year.

Insurance

- Participants must be registered with Field Hockey BC

Equipment Cleaning Protocols

Training Equipment

- Clean balls with soapy water and rinse.

High Touch Points

- Entry and exit gates – clean with disinfectant wipes

Personal Hygiene

The virus that causes COVID-19 is spread through droplets when you cough, sneeze, talk or when you touch an infected surface and then touch your mucus membranes (eyes, nose, mouth).

- Practice physical distancing.
- Wash your hands for at least 20 seconds often.
- Avoid touching your face.
- Cough or sneeze into your elbow.
- Keep water bottle in backpack or zip-lock bag (along with hand sanitizer)
- Do not spit or clear nasal passages.



REF: SMAC Guidelines

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation> - Self

BC Government Link

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-recovery/covid-19-provincial-support/bc-restart-plan>

ViaSport Links

<https://www.viasport.ca/news/return-sport-guidelines-help-bc-sport-organizations-plan-reopening>

<https://www.viasport.ca/news/province-takes-action-support-return-sport>

BC COVID 19 App & Self-Assessment Tool: <https://bc.thrive.health/covid19/en>