



BERMUDA HOCKEY FEDERATION COVID-19 GUIDELINES – FUNSTIX PROGRAM

These guidelines are in accordance with Bermuda Government and FIH guidelines due to the global COVID-19 pandemic. The principles outlined are a minimal baseline of standards to facilitate reintroduction of hockey in Bermuda. They are designed to encourage return to play and train in a safe and coordinated manner with the health and safety of the participants and members of the BHF as the upmost priority.

Resumption of any sport and recreation activities should not compromise the health of individuals or the community. All decisions made on resuming sporting activity will be in line with Bermuda Public Health Authority and the National Sports Centre such as adhering to strict physical distancing measures for parents, spectators and participants. Hockey is considered to have a higher risk to spread COVID - 19 (team sport with contact).

To all BHF members and associated persons: it is of the upmost importance to adhere to the protocol conditions as noted below.

1. Protocol For Participants Returning From Overseas Travel

Participants, or immediate household returning from any overseas travel are not permitted to enter the hockey pitch premises as a spectator, participant, or official and are not permitted to partake in any BHF sanctioned event until they have received their official clearance (per government guidelines as noted below) and these results must be delivered to the BHF Secretary via email to secretary@bhf.bm prior to visiting the hockey pitch. Alternatively, the negative test results can be printed and delivered to the Technical Representative at the entrance to the hockey pitch. There will be no exceptions to this policy.

2. Contact Tracing

Any participant who is contacted by the Ministry of Health for contact tracing purposes must immediately notify the BHF Secretary* and may not partake in any BHF sanctioned event until they have completed the government imposed restrictions and protocols imposed by the contact tracing team. The participants' proof of negative Covid-19 tests (however many imposed by the Contact Tracing Team) must be delivered to the BHF Secretary via email to secretary@bhf.bm prior to the Participant returning to hockey.

**Michelle Cardwell, Secretary of the BHF, is a certified contact tracer and will likely perform the contact tracing within the BHF if contacted by the Ministry of Health and made aware of any Participant that may have come into contact with a suspected Covid-19 positive case.*

3. Covid-19 Testing Protocols

Please refer to the current Government of Bermuda Covid-19 Information for Travelers at:
<https://www.gov.bm/coronavirus-travellers>

All; Players, officials and Volunteers that wish to return to the field are required from Stage 3, in the Government Return to Sport Play Guidance will be required to have a Negative COVID-19 test. (Page 4)

- This can either be a Spit or Nasal Swap
 - Spit testing processes will be provided/published once finalized by Bermuda Youth & Sport and Bermuda Department of Health
- This test will have to be repeated every 28-30 days
- An Honor system will be put into place to ask necessary Questions
- Testing requirements for Returning residents (as of 25 Aug 2020 and subject to change):

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If a BHF participant tests positive at any of the testing dates and has been in contact with other participants, they
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4. High Risk and Vulnerable Persons

Individuals who are considered to be **high** risk, should obtain medical confirmation from their Doctor that they are cleared to participate. The BHF assumes no responsibility for any person's decision to take part in BHF programs/events. High risk categories include but are not limited to:

- Underlying health conditions
- Above 65 years old
- Any score on the COVID-19 Patient symptom check list and self-assessment (provided by Bermuda Hospital Board)

5. Pre-Clinic Protocols:

- If a participant feels sick, they should stay at home and not come to the field. This includes coughing and sneezing, as masks will not be worn during the Clinic.
- Anyone showing symptoms of Covid-19 should not attend the NSC nor attempt to access the pitch.
- Participant's should arrive at NSC via their own private transport and avoid sharing or carpooling where possible.
- All individuals (whether participants, coaches, volunteers or spectators) MUST wear a mask when entering the NSC.
 - Participants' cannot remove their masks until they have completed pitch entry protocols and reached the Bench area.
 - Spectators must wear their masks until seated and are encouraged to practice social distancing where possible.
- Spectators are requested to provide their contact details to the technical bench located at the entrance to the hockey pitch for contact tracing purposes if needed.
- Participants should arrive at least 15 minutes before the Clinic as some delay may be incurred due to additional Covid-19 safety protocols being implemented.
- All participants, coaches, volunteers & spectators should use the allocated entrance and exits when arriving and leaving the field.
- Participants and coaches are encouraged to arrive at the hockey pitch already dressed in their playing gear to reduce the need to use or congregate in the NSC bathrooms or changing rooms.
- Upon arrival at the hockey pitch, all participants will be required to check in at the Technical Table located at the entrance gate to the hockey pitch for safety and hygiene measures to be carried out by the Technical Committee as follows:
 - ✓ Participants may be required to queue and should observe the 6ft social distancing measures;
 - ✓ Attendance details will be taken for ALL participants, coaches, volunteers & spectators, in accordance with MOH guidelines and retained by the BHF for contact tracing purposes if needed;
 - ✓ Every player, umpire and technical rep will be required to answer/acknowledge the Basic COVID-19 Questions prior to entering the Hockey Pitch
 - Have you had a Negative COVID-19 Result in the last 30 days?
 - Have you experienced any COVID-19 Symptoms in the last 14 days?
 - Have you or anyone in your household travelled in the last 14 days?
 - Have you been in contact with a person who has recently tested positive?
 - ✓—Every participant, coach, volunteer & spectator is required to use hand sanitizer prior to entering the hockey pitch;
 - ✓ The temperature of every participant, coach, volunteer & spectator will be taken at the gate prior to entry to the hockey pitch and if within normal limits will be permitted to enter the hockey pitch.
 - ✓ If a participant, coach, volunteer & spectator's temperature is high (100.4 or above), they will not be permitted to enter the hockey pitch and will be asked to leave the premises.

(Derived from FIH Guidelines May 2020 and Bermuda Government 2020)

- ✓ If a participant, coach, volunteer & spectator has to leave the field of play during the Clinic; they must wear their mask and use the hand sanitizer prior to re-entering the hockey pitch.

6. During the Clinic

- After appropriate use of hand sanitizer, participants **should** only touch their own equipment, stick, mouthguard and water bottle.
- Participants **should** only touch their own equipment and use their own water bottle – no sharing is allowed.
- Follow appropriate mouthguard safe practices at all times – mouthguards should not be left on communal surfaces and should be kept in containers or in the sock or pocket of the participant.
- Hockey balls and associated equipment must only be handled by a single member of coaching staff at any one session (including warmup), which will then be disinfected at the end of each session.
- If a participant is injured, other participants should not congregate around the participant. If assistance to help the participant exit the pitch is required, this should be done by the coach/volunteer.
- Do not celebrate or 'high five' with teammates – stick touch is recommended.
- Clean and disinfect your hands before and after training and matches. Hand sanitizer will be available at the field and its use is mandatory.

7. After the Clinic

- All participants, coaches, volunteers or spectators must wear masks and exit the facility directly after the Clinic has finished.
- Congregating and socialising on the NSC concourse post-Clinic is not permitted until such time as it is safe to do so.

8. General

- Number of people on the pitch will be dictated by government guidelines of group gatherings as amended from time to time.
- Use masks when not training or playing and by spectators/coaching staff, as determined by local current Health Department Policies gatherings as amended from time to time.

The BHF will endeavor to communicate effectively and amend guidance when applicable, as per Bermuda Government advice.

Sports Phased Return to Play Guidance

STAGE 1: NON-COMPETITIVE TRAINING FOR EXERCISE AND TECHNICAL DEVELOPMENT

- Maximum of 10 persons allowed which includes coach or instructor.
- No contact during exercise or technical development activities
- New group of 10 persons should arrive at least 30 minutes (to allow for cleaning of equipment) after existing group has vacated.
- 6 feet between participants should be observed at all times (wearing of mask required except during physical exertion)
- No fans allowed during Phase 1

STAGE 2: TEAM TRAINING

- Return to team training will be guided by Health Department's assessment on the active COVID-19 cases in Bermuda and what is deemed the appropriate numbers that can participate
- No contact during exercise or technical development activities
- 6 feet between participants should be observed at all times (wearing of mask required except when doing an activity)
- New groups should arrive at least 30 minutes (to allow for cleaning of equipment) after existing group has vacated.
- No fans allowed during Phase 2.

STAGE 3: COMPETITIVE TRAINING TO PREPARE FOR COMPETITION

- Full competitive training will be guided by Health Department's assessment on the downward number of active COVID-19 cases in Bermuda
- Sporting training activities and persons will be able to participate as normal to prepare for competition.
- No competitive competitions allowed vs other teams/clubs/groups.
- Participants and officials must have a negative COVID-19 test, taken not more than 3 days before training, in order to resume Stage 3 activities. The test must be repeated every 28 – 30 days.
- New groups should arrive at least 30 minutes (to allow for cleaning of equipment) after existing groups to avoid large gatherings.
- The maximum numbers allowed at a venue will be guided by the Health Department's assessment of the existing state of Bermuda as it relates to the spread of COVID-19

STAGE 4: RETURN TO PLAY

- All Sports can compete and participate within the allowed COVID-19 restrictions per Public Health Regulations and Guidance
- Fans permitted with COVID-19 restrictions.
- Maximum numbers allowed at venues will be guided by the advice of the Health Department.
- Any positive test shall result in mandatory testing for all within the team/group that are in the same sport bubble. The quarantined sport bubble must be reported to Maceo Dill (Sports Development Officer) mdill@gov.bm
- Public Health clearance will be required before any athlete/ coach that has previously tested positive to be allowed back into sports.

(Derived from FIH Guidelines May 2020 and Bermuda Government 2020)

- Teams/Sports persons that participate in public sporting events shall where possible remain in their sport bubble and refrain from other large public gatherings.
- Venue management MUST submit a match day operation- al plan as to how they will manage the crowd. This plan should include the number of securities that will be on duty and must be an approved ratio based on the size of crowd that will be permitted to be at the event, as per the Public Health Regulations and Guidance.

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