

Rob Short Coaching (RSCA)

## **Return to Play Guidelines**

JUNE 2021

## **Rob Short Coaching (RSCA) Return to Play Guidelines June 2021**

### **Risk Management:**

All coaches and Safety Officers will be trained in the safety protocols prior to participating in Field Hockey activities

Each participant is required to register before the activity. There is no drop-in permitted. Waivers, health agreements are part of the registration process and must be agreed upon for registration to complete. Payment is electronic and part of the registration process.

Participants will need to sign a Participant Agreement on registration.

Safe Operation Protocols are developed and will be communicated to participants prior to and during a registered activity.

\*All activities will take place at Wright Field, UBC.

\*There is a designated drop off and pick up area.

\*There is one point of entry to the field and one point of exit from the field.

\*There are four designated groups for each session with each group a designated bag drop-off area. Each field hockey session includes drop off and pick up times.

\*RSCA will introduce limited gameplay based on recent updated provincial guidelines.

\*Field hockey sessions are limited to a maximum 50 participants on the field at one time.

\*There will be a Safety Officer present to ensure health rules are being followed. Attendance and health screening will occur prior to each session via an online health check. This will be done 8 hours before the session. Athletes who have not done the self-assessment will not be permitted to participate.

\*all athletes will use sanitizer at arrival and departure of session.

\*Any spectator must stay away from the field, including the entry and exit pathways.

\*There will be signage at the field for entry and exit points and reminders about health regulations – hand hygiene and physical distancing.

\*There will be no shared equipment. Session balls and cones will be assigned to and handled by, the coach. Players will pass or handle the balls with their sticks only.

### **Participant Guidelines:**

1. Athletes will come dressed and ready to play. Equipment needed is a stick, shin pads, mouthguard, protective glove, and shoes.
2. Athlete will bring her own water bottle with enough water for the full session.
3. Washroom access will be limited to emergencies only.
4. Coaches and safety officers will designate where each athlete will place their belongings during the session.
5. All participants will use the designated entrance and exit and follow the drop-off and pick-up protocols.
6. Only athletes, coaches, physiotherapist and the designated safety officer will be allowed within the playing field which is designated by the corrugated fence at Wright Field.

7. Based on new provincial health guidelines we are allowing limited gameplay at RSCA sessions.  
Outside of game play we will continue to train with social distancing measures.