Enniscorthy HC

Covid-19 Protocols – August 2020

Purpose of this Document

The purpose of this document is to outline the measures that the committee has put in place to protect all members and stakeholders of Enniscorthy HC from exposure to Covid-19.

It is required to be read and understood by anyone who plays hockey under the remit of Enniscorthy HC. You will be asked to officially confirm this. Parents / Guardians of underage players will also be asked to confirm for those in their care.

By reading this document you will gain and understanding of :

- The Requirements of Hockey Ireland and the Leinster Branch
- Basic Relevant facts about Covid-19
- Who the Covid-19 Officer is and how to contact them.
- The Responsibilities of Everyone associated with the club.
- The Relevant Risks associated with playing hockey for the club
- The procedures involved before, during and after play.

Governing Body - Hockey Ireland

- Hockey Ireland is the all-island national governing body for hockey within the Republic of Ireland (ROI) and in Northern Ireland (NI).
- It has four branches, Ulster, Leinster, Munster and Connaught
- We are affiliated to the Leinster Branch and as such we are bound by their rules
- In line with Government Guidelines Hockey Ireland (through their branches) have put in place certain rules that must be followed prior to and during return to play.
- Our performance in this respect will be monitored by the Leinster Branch.

Coronavirus (COVID-19) Explained

All information presented is taken from the following Trusted Sources

www.hse.ie, www.gov.ie, www.who.int, www.nsai.ie, www.cif.ie

Coronavirus (COVID-19) Is an illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

From what is known about other coronaviruses, the spread of COVID-19 is most likely to happen when there is close contact with an infected person. It is likely that the risk increases the longer someone has close contact with an infected person.

Respiratory secretions produced when an infected person coughs or sneezes containing the virus are most likely to be the main means of transmission.

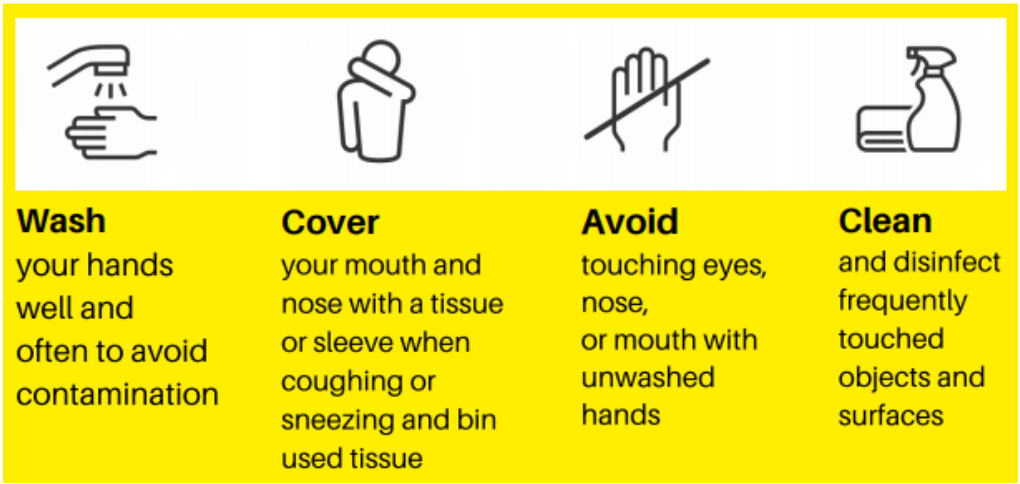
There are 2 main routes by which people can spread COVID-19:

- infection can be spread to people who are nearby (within 2 metres) and possibly inhaled into the lungs.
- it is also possible that someone may become infected by touching a surface, object or the hand of an infected person that has been contaminated with respiratory secretions, and then touching their own mouth or eyes. (such as touching contaminated surfaces (e.g. door knob) or shaking hands then touching own face). The virus can survive for up to 72 hours on plastic and stainless steel, less than 4 hours on copper, and less than 24 hours on cardboard.

Coronavirus (COVID-19) Explained

The general advice to protect yourself is as follows :

- The most important action we can take to protect ourselves from COVID-19 (Coronavirus) is regular hand-washing and good respiratory hygiene.
- Wash your hands frequently with soap and water or use an alcohol-based hand rub if your hands are not visibly dirty.
- Practice good respiratory hygiene, that is, when coughing and sneezing, cover your mouth and nose with flexed elbow or tissue – discard tissue immediately into a closed bin and clean your hands with alcohol-based hand rub or soap and water.
- Maintain physical distancing, that is, leave at least 2 metres (6 feet) distance between yourself and other people, particularly those who are coughing, sneezing and have a fever.
- Avoid touching your eyes, nose and mouth – if you touch your eyes, nose or mouth with your contaminated hands, you can transfer the virus from the surface to yourself



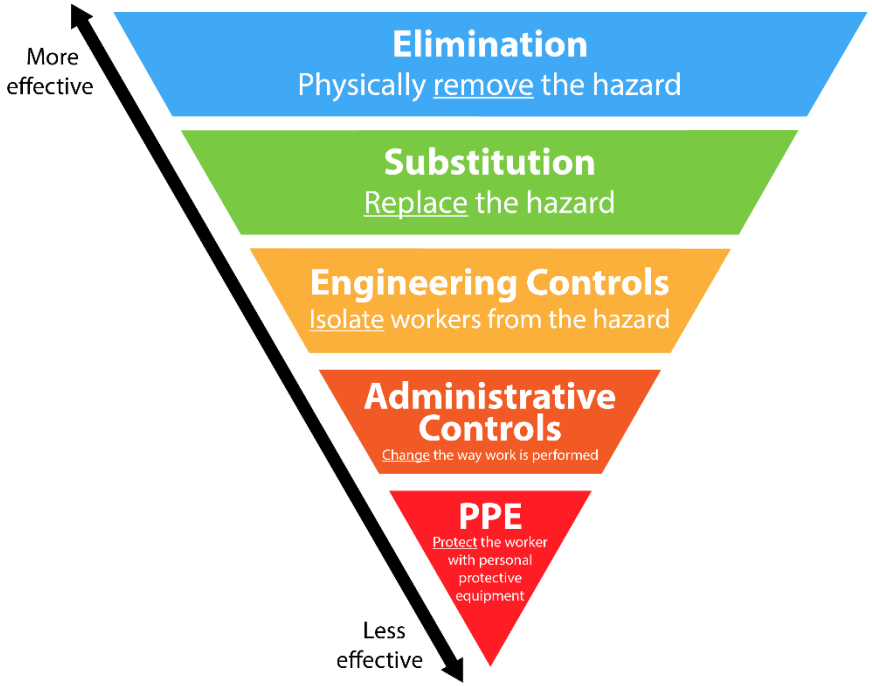
Risk Assessment - Definitions

RISK the likelihood that that HAZARD will cause harm or loss

SEVERITY the effect that the HAZARD takes.

RISK RATING is the product of RISK x SEVERITY|

CONTROL is something that is put in place to reduce the RISK RATING
Some types of controls are more effective than others.



We can't eliminate the Hazard (Covid-19) but we can eliminate / reduce exposure to it

We will only have this when a vaccine is developed.

Minimise Exposure to the Hazard. Social Distancing Handwashing, Regular Cleaning

Health Questionnaire, CVO, Play Protocols. Hazard is not removed but we are limiting exposure to it.

The least effective measure. PPE must be used correctly and people must be trained in its use. Can give a false sense of security

Risk Assessment – Risk Rating

RISK — the likelihood that that HAZARD will cause harm or loss

1. Extremely Unlikely.
2. Possible but Unlikely.
3. Conceivable.
4. Probably will happen at some time
5 Almost certain to happen

SEVERITY — the effect that the HAZARD takes.

1. No or minimum illness
2. Medical Treatment.
3. Medical treatment or isolation
4. Critical infection or hospitalization
5 Fatality.

RISK RATING — is the product of RISK x SEVERITY|
Assessed before and after controls are in place

1 - 6	**LOW**	**Action is not required to lower the risk. Time | Effort | Money is proportionate to the risk.**
7 - 15	**MEDIUM**	**Action may be required to control the risk. Immediate short-term measures may be required.**
7 - 15	**MEDIUM**	**Action is required urgently to control the risk. Further resources are almost inevitable.**

Risks Specific to Enniscorthy Hockey Club

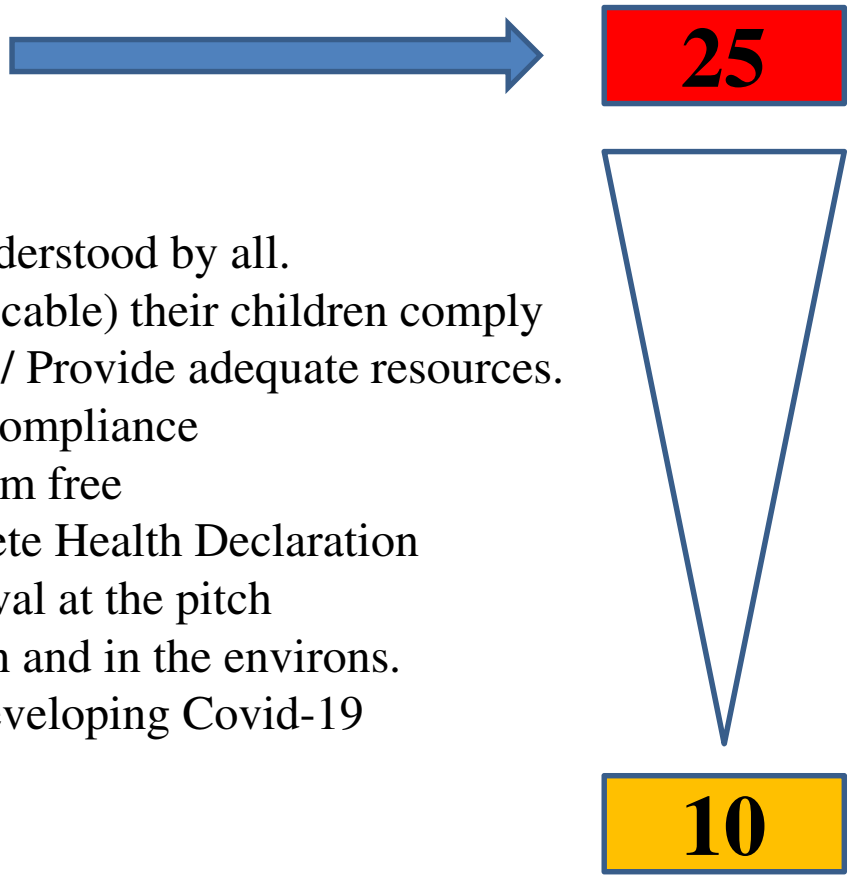
- The Primary Risk to members and volunteers of Enniscorthy HC remains the transmission of Covid-19 virus through
    - Close contact with an infected person
    - Handling of infected equipment
    - Poor respiratory hygiene
    - Poor hand hygiene
- All members visitors and supporters are equally at risk but some members (and their families) may be more vulnerable than others.
- The Full Risk Assessment available at www.enniscorthy hc.com
- The following pages summarises the main points arising out of the risk assessment

Risk – Lack of Covid-19 Structures in Place

Exposures :

- Potentially all players, parents, coaches, co-ordinators, volunteers, staff.
- Exposure to Covid-19 via symptomatic or asymptomatic people

Risk Rating WITHOUT Controls in place
(High Risk – almost certain to happen)



Required Controls

- Covid-19 Protocol Document to be read and understood by all.
- Parents / Guardians to ensure (in as far as practicable) their children comply
- Committee to appoint Covid-19 Officer (CVO) / Provide adequate resources.
- CVO / Committee to be aware of and monitor compliance
- Do not come to the pitch unless you are symptom free
- Everyone visiting the Astro Centre must complete Health Declaration
- Declaration of symptom free prior to every arrival at the pitch
- Maintain social distance at all times on the pitch and in the environs.
- Know the procedure in the event of someone developing Covid-19 symptoms

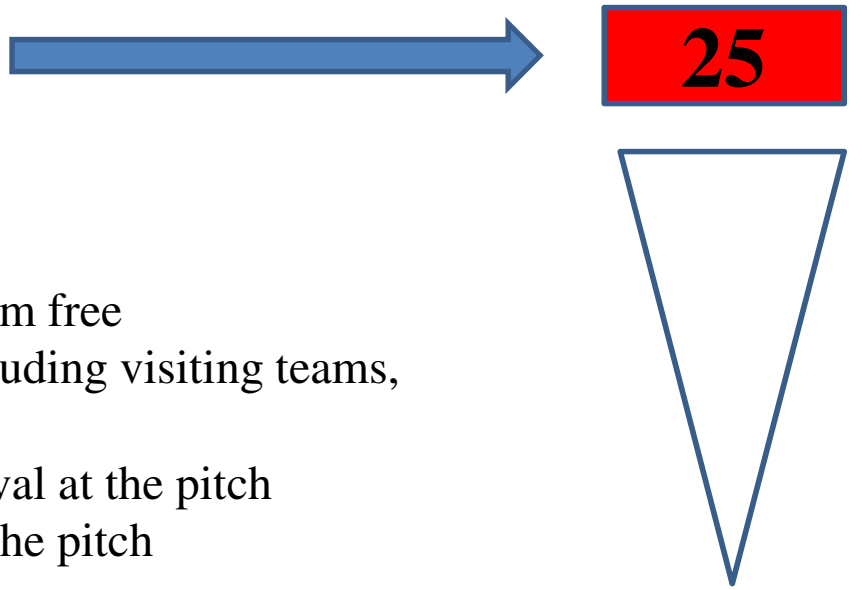
Risk Rating WITH Controls Maintained
(Medium Risk – acceptable but more actions and measures may be required)

Risk - Close Contact

Exposures :

- On the pitch during play
- Social Groupings (arrival to play, during play, after play)
- Transmission by spectators and supporters

Risk Rating WITHOUT Controls in place
(High Risk – almost certain to happen)



Required Controls

- Do not come to the pitch unless you are symptom free
- Complete Astro Active Health Declaration (including visiting teams, volunteers, supporters etc.)
- Declaration of symptom free prior to every arrival at the pitch
- Maintain social distance at all times outside of the pitch
- Training organised to minimise close contact.
- All players bring and use their own equipment only to and from the pitch
- No sharing of equipment
- Equipment sanitised / cleaned prior to use

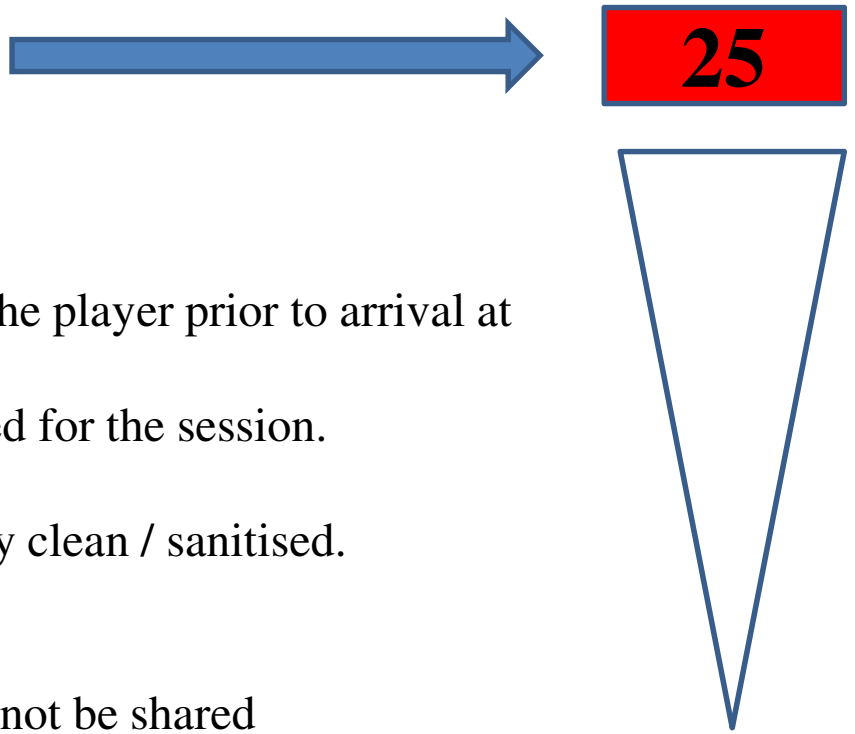
Risk Rating WITH Controls Maintained
(Medium Risk – acceptable but more actions and measures may be required)

Risk - Contaminated Equipment

Exposures :

- Personal Equipment – Stick, Gum Shield, Shin Pads, Jerseys, Face Masks
- Training Equipment – Bibs, cones, balls
- Goalkeeping

Risk Rating WITHOUT Controls in place
(High Risk – almost certain to happen)



Required Controls

- All personal equipment should be sanitised by the player prior to arrival at the pitch.
- Only bring to the pitch what equipment you need for the session.
- Sharing of Equipment is not allowed.
- Coaches to ensure training equipment is suitably clean / sanitised.
- Only Coaches handle training equipment.
- Goalkeepers should only handle their own gear.
- Bibs, if used, should be the players, and should not be shared

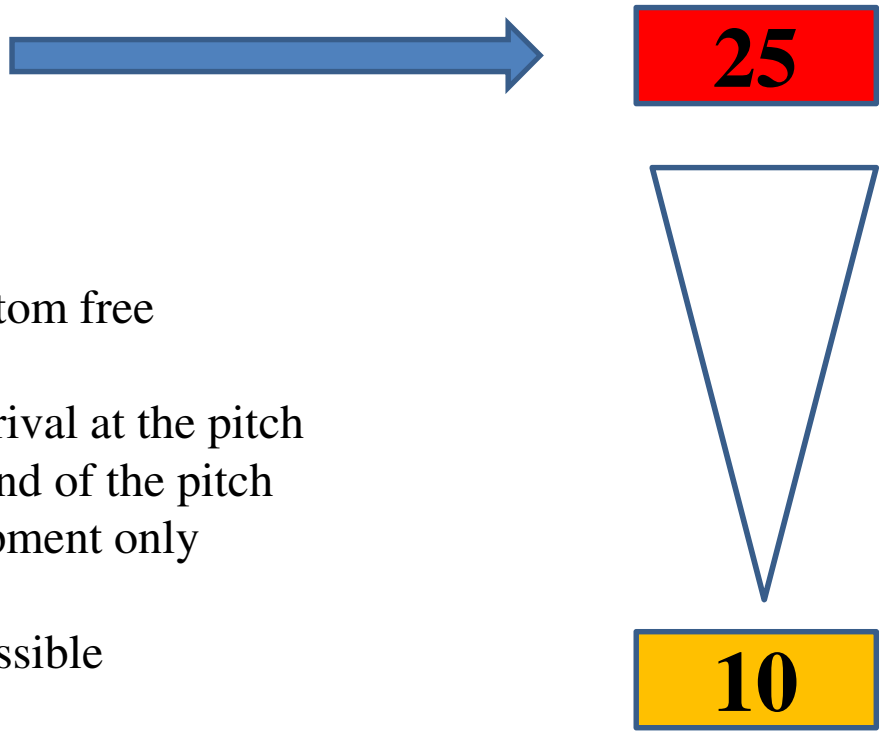
Risk Rating WITH Controls Maintained
(Medium Risk – acceptable but more actions and measures may be required)

Risk – Coaches / Co-Ordinators / Volunteers

Exposures :

- On the pitch during training and play
- Discussions / contact with players and parents
- Handling of Training Equipment
- Handling of Money
- Transmission by spectators and supporters

Risk Rating WITHOUT Controls in place
(High Risk – almost certain to happen)



Required Controls

- Do not come to the pitch unless you are symptom free
- Complete Astro Active Health Declaration
- Declaration of symptom free prior to every arrival at the pitch
- Maintain social distance at all times both on and of the pitch
- Referees should bring and use their own equipment only
- No Hand Shaking
- Payments via Electronic means in as far as possible

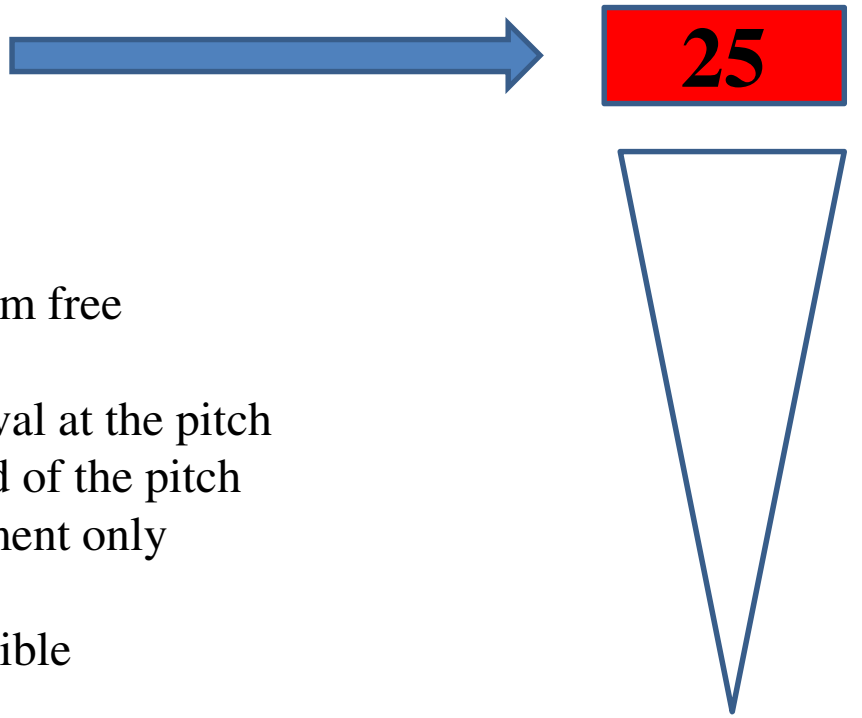
Risk Rating WITH Controls Maintained
(Medium Risk – acceptable but more actions and measures may be required)

Risk - Referees

Exposures :

- On the pitch during play
- Social Groupings (arrival to play, during play, after play)
- Transmission by spectators and supporters

Risk Rating WITHOUT Controls in place
(High Risk – almost certain to happen)



Required Controls

- Do not come to the pitch unless you are symptom free
- Complete Astro Active Health Declaration
- Declaration of symptom free prior to every arrival at the pitch
- Maintain social distance at all times both on and of the pitch
- Referees should bring and use their own equipment only
- No Hand Shaking
- Payments via Electronic means in as far as possible

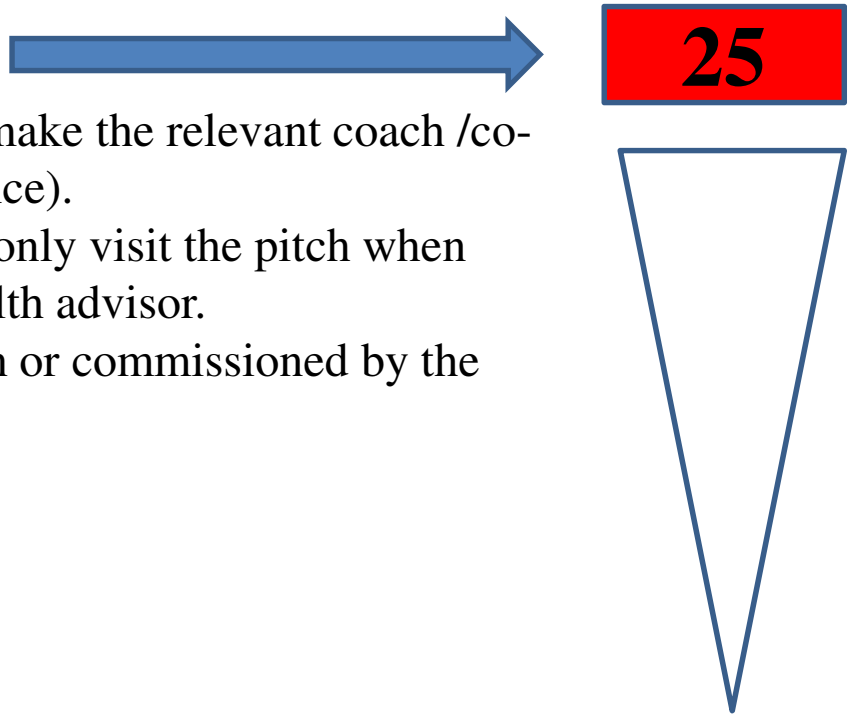
Risk Rating WITH Controls Maintained
(Medium Risk – acceptable but more actions and measures may be required)

Risk – Players or People in High Risk Categories

Exposures :

- The HSE has defined both High Risk, and Very High Risk Groupings https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html#high-risk

Required Controls



- People belonging to High Risk Groups should make the relevant coach /co-ordinator aware of the situation (under confidence).
- People belonging to High Risk Groups should only visit the pitch when cleared to do so by their doctor or qualified health advisor.
- A specific risk assessment should be undertaken or commissioned by the CVO through the Committee.

Risk Rating WITH Controls Maintained
(Medium Risk – acceptable but more actions and measures may be required)

Responsibilities Arising Out of the Risk Assessment

Everyone Associated with the Enniscorthy HC has Responsibilities

- Astro Active
- Committee
- Covid-19 Officer
- Co-Ordinators
- Coaches
- Players
- Parents and Guardians of Underage Players
- Supporters and Visitors

Responsibilities Arising Out of the Risk Assessment

ASTRO ACTIVE

Provides The Facilities for Training and Play

COMMITTEE

Provide Governance for Training and Play

COVID-19 OFFICER

Develops and implements the Policies and Provides Direction in Relation to COVID-19

CO-ORDINATORS

Ensures That Training and Play are Conducted in Accordance with Procedures

COACHES

Plan and implement sessions to minimise Risk

PLAYERS / PARENTS / SUPPORTERS

- Know and Understand ALL what is required of you
- Do not play if feeling unwell
- Maintain Good Respiratory Etiquette
- Maintain Social Distance outside of play
- Keep equipment clean and sanitised
- Do not put others at risk by your actions

EFFECTIVE COVID-19 RESPONSE

Responsibilities - Astro Active

- Provides and maintains the facilities for play
- We must adhere to the rules of their governing body which state that we should have our own procedures in place in relation to Covid-19
- The Astro Active Centre have a duty to monitor our adherence to the Covid-19 rules
- The Astro Centre will provide toilet facilities as and when they are needed
- At the time of writing the changing rooms and café are remain closed, but this will be reviewed with time.
- All other aspects of play (training, sanitising, supervision, first aid etc.) are under the remit of Enniscorthy HC

Responsibilities - Committee

- Adheres to and implements Hockey Ireland Covid-19 protocols.
- Appointment of COVID-19 Officer (CVO)
- As far as reasonably Practicable provides the resources to implement the required control measures
- Ensures required Control Measures are Implemented and Monitored
- Ensures Return to Play Document Distributed and Understood by All
- Identifies any High Risk Groups / Individuals Within the Club System
- Plan for anticipated suspected case of Covid-19 within the club.

Responsibilities Covid-19 Officer – Keith Ogilvie

- Develops and Maintains Risk COVID-19 Risk Assessment
- Develops and Maintains Risk COVID-19 Protocols and communicate to all members and stakeholders
- Keep up to date with the governmental guidelines and update Covid-19 plans and procedures, as necessary.
- Appoints deputies as required to ensure implementation of the Covid-19 Protocols
- Monitor and report regularly to committee on the effectiveness of the Covid-19 Protocols
- Ensure that the playing area is maintained in an acceptable manner.
- Ensure that log of players using the pitch is kept.
- Plans for anticipated suspected case of Covid-19 within the club.
- Maintain pitch side a Covid-19 kit containing PPE that can be used if dealing with a suspected case.

Responsibilities - Co-Ordinators

- Identify any High Risk Players or associated persons.
- Ensure that there is a responsible and informed person present at pitch side during training / play that can monitor compliance and act accordingly.
- Ensure that all required declarations are made prior to training / play.
- Ensure that travelling teams are aware of their responsibilities and comply.
- Know the procedure in the event of someone developing symptoms during training or play.
- Record attendance at training, play, and matches.

Responsibilities – Coaches and Volunteers

- Complete the Astro Active Health Questionnaire.
- Complete health declaration prior to each training session (Google Form)
- Plan all training and play taking into account the COVID-19 Risk Assessment
- In as far as possible protect themselves and others from possible exposure to COVID-19
- Ensure as far as possible compliance with COVD-19
- Know the procedure in the event of someone developing symptoms during training or play.
- Ensure equipment is cleaned and suitable to use during training and play.
- Report any deviations from Protocol or concerns to the Covid-19 officer or Committee

Responsibilities - Players

- Complete health declaration prior to each training session or match (Google Form)
- Take responsibility for your conduct on and off the pitch.
- Do not knowingly put themselves or others at risk
- Co-operate with the relevant co-ordinator and CVO if and as required.
- Know and understand the risk and requirements in relation to COVID-19
- Do not present to training / play if they show any of the COVID symptoms, or if they have knowingly been exposed to a possible or confirmed case of Covid-19 in the past 48 hours.
- Ensure that their equipment is sanitised and clean, and that their hands are clean
- Are responsible for all other people (siblings, supporters etc) that they invite or bring into the Astro active Centre during play
- Know the procedure in the event of someone developing symptoms during training or play.
- Report any deviations from Protocol or concerns to the Covid-19 officer or Committee

Responsibilities - Parents and Guardians

- Parents / Guardians of Under Age players (under 18) take responsibility for the conduct of their children.
- Co-operate with the relevant co-ordinator and CVO if and as required.
- Explain the risk and requirements in relation to COVID-19 to their children.
- Complete health declaration for themselves and their children, prior to each visit to the pitch (Google Form)

  (All children over 14 should complete the declaration themselves as well)
- Do not present children to training / play if they show any of the COVID symptoms, or if they have knowingly been exposed to a possible or confirmed case of Covid-19 in the past 48 hours
- Ensure that their children's equipment is sanitised and clean, and that their hands are clean
- If staying on the premises during training ensure social distancing is maintained.
- Are responsible for all other people (siblings, supporters etc) that they invite or bring into the Astro active Centre during play
- Know the procedure in the event of someone developing symptoms during training or play.
- Report any deviations from Protocol or concerns to the Covid-19 officer or Committee

Actions in Relation to a Suspected Case of Covid-19

- A Covid-19 kit containing relevant PPE will be kept pitch side at all times.
- If any person feels unwell or develops symptoms of Covid -19 during training or play, then they should be immediately separated from others and brought to an isolated place for assessment.
- The minimum number of people should assist in this, and should wear PPE if at all possible. Anyone assisting should not put themselves at increased risk. Call the emergency services if necessary.
- The symptoms displayed and their severity will determine the actions taken, but the immediate action should be to get the person to a place where they can self isolate with the minimum of exposure to other people.
- As soon as possible a Healthcare Professional should be consulted.
- The session / play should be stopped and all equipment (both personal and training) should be properly sanitised.
- Anyone with potential exposure to the symptomatic person should return home and self isolate, until advised otherwise by their doctor, or the Covid tracing team.
- The incident will be recorded by the Astro Active Centre and CVO

Further Information and Forms

All relevant information is available on the clubs website

www.enniscorthy hc.com

Further information about Covid-19 is available from the following sources

www.hse.ie
www.gov.ie
www.hockey.ie