



## **BERMUDA HOCKEY FEDERATION COVID-19 GUIDELINES**

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 train and play in a safe and coordinated manner with the health and safety of the players and members of the BHF as the utmost 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 players. **As a team sport with contact, hockey is considered to be a high-risk activity.**

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

### **1. Protocol For Members Returning From Overseas Travel**

Members returning from any overseas travel and/or have Overseas visitors staying with them, are not permitted to enter the hockey pitch premises as a spectator, player or official or attend any BHF sanctioned event until they have received their Day 14 negative Covid-19 test.

Individuals who are not ordinarily resident in Bermuda and who are visitors/friends of members cannot 'drop in' to play until they have received their Day 14 negative Covid-19 test. *Please note, in the interest of the health & safety of our members during these times, the use of non-resident 'guest/drop in' players is discouraged.*

### **2. Contact Tracing**

Any member who is contacted by the Ministry of Health for contact tracing purposes must immediately notify the BHF Secretary\* and their Club Representative/Manager 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 Member's 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](mailto:secretary@bhf.bm) prior to the Member 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 Member 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, who have not travelled and 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.

By signing up, a BHF member agrees to follow all protocols. As we use the National Sports Centre, we are guided and bound by their policies, which are updated from time to time to reflect the island's current COVID-19 conditions. The BHF will communicate through the usual channels when these updates occur.

If a BHF member tests positive at ANY time and has been in contact with other members, they must immediately self-isolate and contact tracing will begin. The BHF must be notified immediately by emailing the Secretary at [secretary@bhf.bm](mailto:secretary@bhf.bm)

#### 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 play. The BHF assumes no responsibility for any person's decision to take part in BHF 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-Match Protocols:**

- If a player 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 game play.
- Anyone showing symptoms of Covid-19 should not attend the NSC nor attempt to access the pitch.
- Players should arrive at NSC via their own private transport and avoid sharing or carpooling where possible.
- All individuals (whether players, umpires, technical representatives or spectators) MUST wear a mask when entering the NSC.
  - Players' 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.
- Players should arrive at least 30 minutes before game time as some delay may be incurred due to additional Covid-19 safety protocols being implemented.
- Sufficient time will be allotted between any back-to-back matches to allow all protocols to be followed.
- All players, umpires & technical officers should use the allocated entrance and exits when arriving and leaving the field.
- Players and umpires are encouraged to arrive at the hockey pitch already dressed in their playing/umpiring gear to reduce the need to use or congregate in the NSC bathrooms or changing rooms.
- Upon arrival at the hockey pitch, all players 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:
  - ✓ Players may be required to queue and should observe the 6ft social distancing measures.
  - ✓ Attendance details will be taken for **ALL players, umpires 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 player, umpire and technical rep is required to use hand sanitizer prior to entering the hockey pitch.
  - ✓ The temperature of every player, umpire and technical rep 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 player, umpire or technical rep'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.

- ✓ If a player, umpire or technical representative has to leave the field of play during the game, they must wear their mask and use the hand sanitizer prior to re-entering the hockey pitch.

## 6. **The field of play**

- After appropriate use of hand sanitizer, players **should** only touch their own equipment, stick, mouthguard and water bottle.
- For training sessions/pick-up games, players should bring both white and dark shirt, as use of communal bibs will not be allowed.
- 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.
- Teams should only use their own balls and be responsible for collection and cleaning after each training session or warm up.
- Teams may only use their own goalkeeper kit. If no kit is available, the team will have to play without a goalkeeper.

## 7. **During the Game**

- Players **should** only touch their own equipment and use their own water bottle – no sharing is allowed.
- Respect 6ft between players during pre-match and game break talks between players and coaches.
- Respect 6ft between players and the technical bench (including chairs for time out penalties).
- If the clock is stopped for any period during the game e.g. player injury or ball retrieval – all players must maintain 6ft social distancing measures until the game recommences.
- If a player is injured, other players should not congregate around the player. If assistance to help the player exit the pitch is required, this should generally be done by the player's team mates.
- Do not touch the ball with your hands – use your stick to maneuver the ball to the correct position.
- 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.
- 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 player.
- Absolutely no spitting or nose blowing is permitted at any time without the use of a handkerchief or tissue as this poses a significant risk to other players. A 2-minute suspension (green card) will be issued to any player caught spitting or blowing their nose without a handkerchief/tissue. The offending player will be required to clean the affected area before play can resume.

## 8. **After the Game or Training Session**

- All players, umpires, technical reps and spectators should wear masks and exit the facility directly after the training session or game has finished.
- Congregating and socializing on the NSC concourse post-game is not permitted until such time as it is safe to do so.
- Technical reps are responsible for cleaning and securing technical equipment after the game has finished. Any items left by players in the dugout or on the pitch or its surrounding areas will NOT be collected by the Technical Reps.

## 9. **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.

*Sports Phased Return to Play Guidance*

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

## **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](mailto:mdill@gov.bm)
- Public Health clearance will be required before any athlete/ coach that has previously tested positive to be allowed back into sports.
- 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 operational 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.

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