

## Level 2 Coaching Considerations



During the 'Prepare to Play" phase we want to avoid non-essential contact; we understand that in training and in a playing environments contact is inevitable. However, if contact is required in a training it should be limited to specific times and systems should be put in place to minimize the possibility of contact occurring outside of this. We need to consider how we manage and mitigate physical contact between teams and within teams.

### Considerations:

- Schedule
  - Keep your group well organised for entry and exit of the turf – encourage physical distance within the group.
  - Be punctual at entering the turf and exiting the turf with all gear. No lingering.
  - Allow time for sanitising hand and disinfecting gear.
- Training Plan
  - Keep open communication with your team regarding who is coming to the booked session.
  - Well thought out planning to ensure you are adhering to the 10 person gathering restrictions.
  - Be mindful that your team has had an extended off period and risk of injury is increased.
  - Create trainings that balance the use of technical and combative exercises – only allow players to closely interact for a specific purpose.
- Equipment
  - Advise your group to only bring in what is needed for today's training (potentially you do not need your hockey bag for training) – players should arrive ready to go.
  - Store all player gear with an appropriate distance from others but within your designated area.
  - No sharing of PCD safety equipment (masks, gloves)
  - Mouthguards – these should always be worn but not be touched or removed during training, once they are in, mouthguards are to stay in.
  - No sharing of bibs – ideally remove the need for these from your training.
  - Everyone should have their own drink bottles, absolutely no sharing.

- On turf
  - Only enter the turf when your half of the turf is empty.
  - Training groups must not exceed 10 people, including the coach.
  - Do not interact with the group on the turf.
  - Remove traditional team huddles.
  - No shaking hands, high fives or celebrating with physical contact.
  - Ensure all team gear is well marked.
  - Only coach or designated person to touch balls, players to use sticks at all times.
  - Only coach or designated person to handle cones or any other supporting equipment.