



2020-21 Field Hockey Requirements and General Recommendations

With the support from the NFHS Field Hockey Rules Committee and the Ohio High School Athletic Association, the considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Ohio schools are required to follow state COVID-19 general guidance for “Youth, Collegiate, Amateur and Professional Sports”

<https://coronavirus.ohio.gov/static/responsible/Youth-Collegiate-Amateur-Club-Pro-Sports.pdf>

Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your area.

Visit the COVID-19 General Guidance Document for further requirements and recommendations that apply to all sports, including Field Hockey. Please know that some of the requirements and recommendations in this sport-specific document duplicate state guidance.

*A **requirement** must be adhered to and followed. A **recommendation** is a consideration to the sport and allows for optional guidelines. Recommendations are not required but are permitted.*

REQUIREMENTS

Requirements for Coaches

- Coaches must wear face masks at all times, including arriving and departing the facility and during active play.
- Limit day-of roster to 22 dressed players.

Requirements for Facility Hosts

- Inform the local health district when events are scheduled and establish a plan to handle those persons who fail a symptom assessment or temperature check or exhibit signs and symptoms of COVID-19.
- Predetermine areas for all participants, coaches, contest officials and game-day personnel to shelter in the event there is lightning and/or thunder.
- Limit sideline personnel to participants, coaches, medical staff and game-day staff.
- If possible, provide designated space (locker room, classroom, etc.) for officials' pregame and post-game activities. If the designated space cannot accommodate six-foot social distancing of all officials, then a separate space should be provided where officials can observe six-foot social distancing and be removed from spectator/team interaction.
- Clearly review prior to the contest mandates, best practices and school/host facility policies with visiting team administrators and/or coaches and officials as they relate to, but are not limited to, parking; entrances and exits; medical care; spectators; ticketing; locker rooms/showers; athletic training rooms and restrooms; water; towels; equipment, and shelters in the event there is inclement weather.

RECOMMENDATIONS

General Recommendations

- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Clean and disinfect frequently touched surfaces and exercise equipment including balls, with an EPA approved sanitizer for emerging pathogens.
- Regularly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol, especially after coughing/sneezing, using the restroom, touching common surfaces, when hands are visibly soiled, and before and after eating/drinking, participating in practice or athletic competition.
- Arrive at contest facility dressed in partial or full uniforms/gear and should plan to leave the facility in partial or full uniforms/gear.
- Cover mouth and nose with a tissue when coughing or sneezing.
- Stay at home if you are sick.
- When conducting temperature checks, take into account the potential for environmental factors causing an elevated temperature. Should the temperature be elevated, it is appropriate to isolate the individual and recheck the temperature after 5-to-10 minutes of sitting in a cool environment.
- ***Pre and Post Game Ceremony:*** Social distancing of at least 6 feet should be maintained during the pre-game ceremony. Handshakes shall be eliminated before and after the match.

Recommendations for Coaches

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Consider limiting contests against only teams in your local area or, if out-of-state, against teams located in counties that are contiguous to Ohio.
- Should not share clipboards, whiteboards, dry erase boards, headsets or any other equipment used for coaching purposes.

Recommendations for Students

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful, in plain sight and easily accessible at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings/masks are permitted, if an individual prefers to wear one during play. Cloth face coverings/masks are not required while engaged in active play. State and local requirements for face coverings are to be followed when not actively engaged in play.
- Bring your own water bottle.

Recommendations for Umpires

- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.

- Follow social distancing guidelines. Consider six feet minimum distance when carding or talking to others (players, coaches, other officials).
- Electronic whistles are permitted, if an umpire prefers to use one. Electronic whistles are not required.
- Do not shake hands including in the pre-game and post-game ceremony.
- Use of radios to communicate with partner is permissible.
- Cloth face coverings/masks are permitted, if an individual prefers to wear one during play. Cloth face coverings/masks are not required while engaged in active play. State and local requirements for face coverings are to be followed when not actively engaged in play.

Recommendations for Parents

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.
- Disinfect your student's personal equipment after each game or practice.
- Educate yourself on the risks and benefits of athletic participation in the time of COVID and ensure you and your athlete are aware of the guidance surrounding athletic events.

Recommendations for Facility Hosts

- If applicable, stagger the entry of all participants, coaches, officials, student game-day auxiliary groups and spectators to adhere to six-foot social distancing.
- Consider multiple points of entry to help ensure there is six-foot social distancing.
- Use contact-less payments where possible.
- Bench water may be provided by the facility host, but the visiting team/participants should supply their own coolers unless agreed upon by the facility host. If used, water coolers shall be sanitized prior to use and frequently during the contest and disposable one-time-use cups shall be utilized.
- Limit press box space to essential personnel only and demonstrate social distancing as much as possible.
- Appoint an individual(s) who is responsible for assisting the host facility manager(s) in logging all incidents and action plans when mandates have not been followed and/or incidents occur; logging recommendations for improving the host facilities' game-day strategies, and creating reports on said items that were logged.