



Covid-19 PowerHouse FH Winter 2020/2021 Action Plan

Objective: The number one priority for PowerHouse Field Hockey is to ensure the health and safety of our athletes, staff and community. This document addresses the procedures that PowerHouse Field Hockey will follow to limit the spread of Covid-19 and keep our athletes safe for the Winter 2020/2021 Season

- 1. Covid-19 Contact - Stef Fee - (610)957-8860 - If any questions, or concerns arise please contact Stef Fee immediately.**
- 2. Covid Waiver – completed upon registration.**
- 3. SAFETY APP GREEN SCREEN must be presented to the coach/organizer prior to every training**
This ensures that athletes who may have symptoms, fever, contact, etc. will receive a “Red Screen” and will not be allowed to enter the premises for training. This is an app that is completed on your phone, and also allows us to have behind the scene data for tracing/contact.
- 4. MASKS must be worn at all times. Period.** If athletes are taking a sip of water, for example, it must be done at a distance of 6ft from other athletes.
- 5. Grouping – Protocols vary with different age groups and training programs**
 - U/8, U/10, U/12 Inside Turf Training – Placed in “turf pods” Strategically placed small groups based on friend groups outside of fh and carpooling. This is done in order to limit the amount contact with other athletes.
 - U/12 Indoor FH Training – Training will be broken up into small groups. All scrimmage play will be done with masks on – strict policy.
 - U/14 Indoor FH Training – Players will be placed in small groups for training and we will make every effort to avoid switching players for less contact. All scrimmage play will be done with masks on – strict policy
 - U/16 Inside Turf Training – Smaller group of athletes by nature of selections for the Winter Escapre Tournament. Training will be broken up into small groups. All scrimmage play will be done with masks on – strict policy.
 - U/16 Indoor FH Training – Players will be placed in small groups for training and we will make every effort to avoid switching players for less contact. All scrimmage play will be done with masks on – strict policy
 - U/19 Indoor Field Hockey – Due the newness of this program, the number of athletes is much smaller which is beneficial for less mixing, contact, and spread. Players will be placed in small groups for training and we will make every effort to avoid switching players for less contact. All scrimmage play will be done with masks on – strict policy
 - *All bags, water breaks, etc will be placed and done at a distance from other athletes when not immediately competing on the court/turf

6. Sanitizing Measures

○ All Equipment, balls, cones etc. Will be sanitized after each station rotation, and at the end of each day. The athletes will only use sticks to help collect the balls and will never touch cones or cages

7. No Water Stations

○ ALL athletes must bring their own water. In order to lessen the spread of Covid, we will not have watering stations.

8. No Handshakes/Celebrations & Refrain from touching face

○ Players and coaches should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.

Everyone at all times, should refrain from touching their face; particularly mouth, nose, or eyes.

9. No Spectators:

○ Parents/spectators will be required to wait in their cars in the parking lot or leave the premises immediately after check in/drop off. This measure is taken to avoid any unnecessary grouping and allow for greater measures of social distancing.

Closing Notes:

We feel very strongly that sports are beneficial to every player's mental/physical health & wellbeing. In a time of such uncertainty, we are committed to problem solving in order to find safe and fun ways for athletes to engage in field hockey activities. If there is opportunity to train at facilities with athletes, we will provide programming. If there are tightened restrictions, we will program skill based curriculums 6ft away at all times with masks on!

If there is ever a full shut down again, we will see you online to provide programming or even strength and conditioning programs to be completed with your family at home!

Bottom Line – Here at PowerHouse, we believe in the Power of Sports! We will stand together to ensure that athletes have safe and fun opportunities to grow in field hockey and beyond!

Reimbursement Policy for Winter 2020/2021 Season -

If cancelled due to Covid,

1) We push towards "PowerHouse Bucks" - dollar for dollar value from Winter Registration to be used on any supplemental activities over the next 3 years (Small group lessons, Strength and Conditioning programs (at home or in person) clinics, summer camp, etc). This helps the club stay alive and allows your money to be put directly back into the field hockey athlete at a later date.

2) Next option- is to use the PowerHouse Bucks as credit to the upcoming season.

3) If families are in need of the money on hand immediately, we refund. The only disclaimer: the only reason we sometimes cannot "fully" refund is that, for example, tournaments or facilities sometimes withhold small admin fees which would come out of the season tuition (again it is small but just a heads up). Other scenarios with refunds, for example, in Spring it took up to 3 months to get the money refunded for the space so that portion of the refund was delayed before we could get it back to the families.