

RETURN TO HOCKEY GUIDELINES

	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
HK Government Restrictions	Gatherings restrictions ≤ 2 Social distancing restrictions $> 1.5m$ LCSD facilities closed	Gatherings restrictions $\leq 4/8$ Social distancing restrictions $> 1.5m$ LCSD facilities closed	Gatherings restrictions gradually relax ($\leq 12/30$) Social distancing restrictions ($> 1.5m$) LCSD facilities & pitches open	Gatherings restrictions gradually relax ($\leq 50/100$) Social distancing restrictions lifted LCSD facilities & pitches open	As per Stage 4
				2-4 weeks pre-season (depending on section and division)	Hockey League Season
Sporting Restrictions	Lockdown phase Individual/small group fitness trainings only	Small group non-contact trainings Group sizes as per government restrictions	Contact Ready Phase Group sizes as per government restrictions Non-contact and/or modified contact training & games subject to availability of venues and equipment	Full squad, full contact training Group sizes large enough to allow 11 aside hockey.	Domestic Competition 11 aside league competition
		Aim for 4 weeks	Minimum 2 weeks	Aim for 2-4 weeks (depending on section and division)	Competition is held