

RETURN TO HOCKEY STAGES 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 week preseason (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 Group sizes large enough for indoor/hockey 5s 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