



Hillhead Hockey Club

6th March 2020 – Hillhead Men's HC & Hillhead Ladies HC

Coronavirus / COVID-19

Introduction

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties.

Generally, coronavirus can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.

Club Statement

The safety and wellbeing of our members and the wider community is of the utmost importance to us. It is essential that the membership acts responsibly to protect ourselves and our families by using common sense and regularly practicing good hygiene.

Please be conscientious of those around you and refer yourself to the guidance below, whether or not you are showing any symptoms, particularly if you have travelled abroad or work in healthcare.

For the avoidance of doubt, if you are self-isolating from work you must also be self-isolating from training and matches. It will not penalise your future selection. If we have a valid concern that you are not taking the appropriate steps in the interest of your fellow club members then we may ask you to leave training or matches.

Scottish Hockey have suspended handshakes between players, coaches, umpires and officials for the time being. Additionally, whistles, cards and other equipment should not be shared to further reduce the risk of exposure to the virus.

Up to date advice is available at the links below, and instructions for when to contact your GP or to self-isolate can be found there:

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

<https://www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19/>

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Communication by the Club

Further information will be distributed via the club websites, email and social media platforms as the situation develops.

Communication by members

Members suffering symptoms of the virus should seek medical advice in the first instance and must contact the Club President to make them aware of the situation and instructions given by the health service.



Hillhead Hockey Club

Useful Information

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue



Throw tissue into closed bin immediately after use



Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



Protect others from getting sick

Avoid close contact when you are experiencing cough and fever



Avoid spitting in public



If you have fever, cough and difficulty breathing **seek medical care early** and share previous travel history with your health care provider

