

Clydesdale & Clydesdale Western Hockey Club

Rules for Playing Hockey Safely



The information below outlines the steps we are taking to ensure your safety during this time whilst following the most recent Government rules and Scottish Hockey guidance.

Additionally we have undertaken a full Covid-19 risk assessment. Please read the following guidelines carefully and when you use the club please adhere to the signage and rules of social distancing.

Pitch Booking

- Make sure you have booked a pitch before arriving to play. Book online through our new booking platform Skedda. No booking, no access.
- The contact details and names for each member of the group must be in the booking. This is critical from a track and trace perspective
- Bookings limited to one hour slots, finishing 5 minutes early to reduce cross-over (55 minutes)
- Juniors (u16) must be accompanied by one adult for the group. There will not be a first aider on hand.
 - Adult can be a playing member or one supervising adult can watch from the side of the pitch on the grass.
 - Do not sit in the dugouts to supervise. You can bring your own chair to sit on.
- Any hockey played is at the members own risk.
- Maximum of 8 players on each quarter from 3 households

Player access

- Arrive at the pitch using your own car, bicycle or walking.

- Please follow directional signs to access the pitch and use the correct entry and exit groups.
- Members should enter and exit the club through the side gate at Beaton Road (Figure 1).
- For pitch access please enter and exit at the MUGA end.
- Pitch gates will be left unlocked and open between opening and closing to reduce contact.
- The clubhouse will be shut for facilities please bring your own water bottles and use the bathroom at your house.
- First aid kit will be available on the pitch and defibrillator available from volunteer to provide.
- Arrive on time to begin, do not arrive more than 5 minutes early.
- Leave promptly after your slot has finished.
- Do not crowd the entry/exit gates and maintain a 2 metre distance between yourself and other players (if from other households).
- Use hand sanitiser stations before and after play.
 - Members are encouraged to bring their own hand sanitiser and wipes.

On the pitch

- Please bring your own stick, balls, mouth guard, shin guards, cones, goalkeeper kit and any other equipment you wish to use. Do not share equipment. Do not share water bottles.
- Do not spit on the pitch.
- Any blood injuries that occur on the pitch must be washed off using your own water bottles.
- Avoid picking up hockey balls that are not yours.
 - If ball comes onto you quarter please do not pick it up to pass back, use your stick or kick it back.
 - If the ball goes onto the grass use the side gates to exit and re-enter onto the pitch to collect the ball. Do not ask another person to collect and pick up your ball.
- Dug outs are not in use.
- Do not use watering box.
- Pitch watering will be completed by a Covid volunteer at 0945, 1315 and 1645, to reduce contact of surfaces.

- Avoid touching pitch equipment (goals, side gates, dug outs).
- Contact exercises or games can only be played between members of the same household. Members playing with other households must maintain 2m distance, including across different quarters.

Future steps

We will be reviewing the club usage daily and will make necessary changes if we feel the guidance is not being followed.

We will be following the Government guidance and we are prepared to change in short notice should there be any change to the Covid-19 situation.

Government guidelines for social distancing should be adhered to at all times. Anyone with symptoms, in a house with people with symptoms, or have been in contact with someone with symptoms should follow the Government guidelines to stay at home.



Figure 1: Enter and exit by the side gate at Beaton road. Blue = entry to pitch, red = exit from pitch. Members arrive 5 minutes before the start of their slot to walk to the pitch. Members leave following 55 minutes so cross-over does not occur at the side gate. Cricket zones 1 – 4 are shown.