

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 zone before arriving to play. Book online through our 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.
 - Adults can be a playing member or one supervising adult can watch from the side of the pitch on the grass.
 - You can bring your own chair to sit on as dugouts are not in use.
- Any hockey played is at the members own risk.

Player access

- Where possible avoid public transport and arrive at the pitch using your own car, bicycle or walking.
- Please follow directional signs to access the pitch.
- 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 unlocked and open for each booking slot 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, please try to arrive no more than 5 minutes early.
- Leave promptly after your slot has finished.
- Maintain a 2 metre distance between yourself and other players (if from other households) and avoid crowding entry and exits.
- 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, mouth guard, shin guards, cones, goalkeeper kit and any other equipment you wish to use. Avoid touching others equipment.
 - There are balls provided at the pitch for use.
- Please do not share water bottles.
- 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 your playing zone please kick, or use your stick to pass 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.
- Dug outs are not in use.

- Please 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).

U12 Guidelines

- No social distancing required before, during or after sessions.
- 10 players per playing area.
- One coach or supervising adult must be present.
 - Coaches can deliver more than one session per day.

U18 Guidelines

- No social distancing required during sessions.
- Social distancing required before and after sessions (outside of hockey pitch government guidance must be followed).
- 10 players per playing area,
 - If there are U16s in the group they must be accompanied by an over 18 coach or supervising adult.
 - Coaches can deliver more than one session per day.

Adult Guidelines

- Maximum of 10 people from 5 households per playing area.
- Coaches count as 1 household and should not coach more than 4 adult households per day.

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.

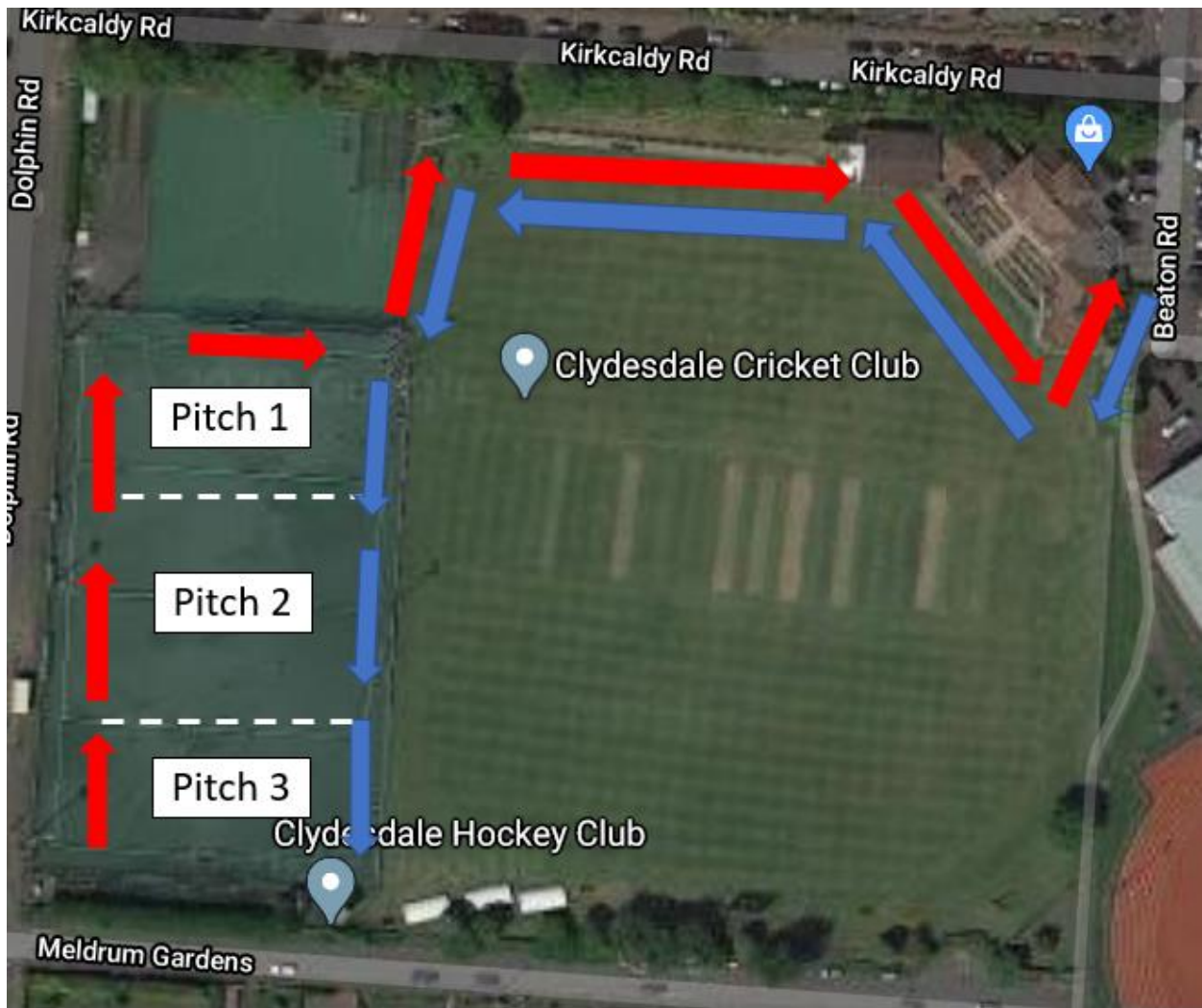


Figure 1: Enter and exit by the side gate at Beaton road. Blue = entry to pitch, red = exit from pitch.