



# MHHC Guidance for Participants

For all training sessions, following Step 2 of the England Hockey guidance to return to play.

**DO NOT PLAY IF YOU ARE REQUIRED TO SELF ISOLATE OR IF YOU SHOW SUSPECTED SYMPTOMS OF COVID-19**

**FOLLOW THE PUBLIC HEALTH GUIDELINES FOR HYGIENE**

Wash hands before and after the activity and regularly use hand sanitiser. All participants are requested to use their own hand gel before and after the session - please ensure you bring sanitiser to each session.

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## 1. Book online

- All attendees must register for each session for track and trace requirements.
- Do not turn up to a session if you have not pre-booked.
- All bookings will be charged, even if you do not turn up to the session you have booked.

Participants must ensure all contact and medical details are up-to-date on the club website.

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## 2. There will be a one-way system to enter and exit the pitch

Follow the on-site signage to avoid bottlenecks.

- Arrive changed and ready to play. The changing rooms will not be available.
  - Only the PE toilets will be open, ensure you follow the directions and distancing rules as set out by the venue. Avoid using them if possible.
  - Ensure you leave the pitch before the end of your allotted time so that the space is empty for the next users.
  - Do not congregate after playing. No extra-curricular or social activity should take place.
  - Where possible avoid touching gates/fences/goals unless absolutely necessary.
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## 3. Maintain a 2m Social Distance (unless you are from the same household)

- 2m is about 2 adult size hockey sticks apart.
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## 4. Groups of up to 5 will be training together

- The pitch will be divided into quarters for x4 groups - **do not mix with participants in other groups.**
  - **No tackling!** Make sure you stay 2m apart.
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## 5. Equipment

- **Use your own equipment** (i.e. stick). All personal kit should be stored at the side of the pitch, at approximately 2m intervals to others within the same group.
  - **Avoid touching other equipment** (i.e. balls, cones, goals).
  - If you are doing passing exercises only touch the ball with your stick!
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## 6. Spectators are not allowed on the pitch

Parents/guardians should ideally be limited to one non-participant with strict social distancing between spectators.

## **Symptoms of Covid-19**

If you show symptoms of Covid-19 you should contact anyone you have been in contact with so they can self-isolate in line with government guidance. Therefore, **if you show symptoms of, or test positive for, Covid-19 within 14 days of attending a session we ask that you inform the Club Chair and Club Secretary immediately.**

**Suspected symptoms at the pitch** will be treated with immediate isolation and the participant will be asked to request a Covid test. The immediate group, that the participant was training with, will be temporarily suspended from playing for 14 days.

## **Non compliance with the guidelines**

Members are reminded that any non compliance will result in being asked to leave the session immediately with potential suspension from future sessions. All non compliance issues will be reported to the Club Chair and Club Secretary who will keep a log of events.