



## COVID-19 GUIDELINES - RETURN TO HOCKEY STEP 4 SUMMARY

### What hockey are we allowed to play now?

- Local Match Play – Intra club / local matches can happen
- Competitive training can start immediately once organisers can ensure all guidance is in place
- A maximum of 30 people are allowed in one group but more than one group can use a pitch as long as social distancing can be maintained outside of training.
- Matches (both 11-a-side and small sided) can resume from August. Multiple matches can take place at the same venue as long as social distancing can be maintained between groups outside of matches.

### What do YOU have to do?

#### **SIGN THE PARTICIPATION AGREEMENT >>**

If you do not sign this you will NOT be able to participate in games or training. However we ask all members to consider their underlying health and advise anyone who is high risk or will be in regular close contact with high risk persons to NOT participate until a later date.

No-one should leave home to participate in any form of hockey if they, or someone they live with, has any of the following:

- A high temperature (above 37.8 oC)
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

#### **OUTSIDE OF PLAYING**

- Use hand sanitiser before entering pitch
- Wear your playing kit to the game or training
- Socially distance at 2m
- Do not gather in groups outside the pitch
- Expect zero access to toilets or changing rooms
- Clean your kit after use
- Spectators at matches (including parents and carers) must be restricted to 6 person gatherings and spread out. (Preferably outside of the pitch)
- If you display any symptoms of COVID-19 after playing hockey contact COVID-19 Officer Tom O'Boyle (07835 770489) & contact NHS Test & Trace

#### **WHILST PLAYING**

- Refrain from spitting
- Take Penalty Corners and Free-hits around the D promptly
- Touch the ball with your stick/GK equipment and not your hands
- Use your own protective equipment or disinfect before use
- Socially distance when play stops
- No handshakes with other players or close contact during celebrations
- During training exercises please ensure you queue 2m apart
- Substitutes & coaches must socially distance on the touchline or dugout
- During warmups and cool downs, participants should practice social distancing where possible.
- If a participant gets injured, a member of their household or bubble can assist if present and appropriate, but others (including match officials, team mates and coaches) will still need to socially distance unless a life or limb-threatening injury necessitates compromising guidelines to provide emergency care.

If there is a team physio, first-aider or other medical personnel present, they should be equipped with the appropriate PPE (including face coverings) to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance.



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### What about travelling to games?

If participants do have to travel with people outside of their household or support bubble they should try to:

- Share the transport with the same people each time
- Keep to small groups of people at any one time
- Open windows for ventilation
- Face away from each other
- Clean the car between journeys using standard cleaning products - including door handles and other areas that people may touch
- Ask the driver and passengers to wear a face covering
- Consider seating arrangements to maximise distance between people in the vehicle – this may mean using more than one coach or minibus, for example, if possible
- Wear face coverings on coaches or minibuses
- Require regular hand sanitisation by passengers on a coach or minibus
- Limit the time spent at garages, petrol stations and motorway services
- Keep distance from other people and if possible, pay by contactless
- Wash hands for at least 20 seconds or sanitise hands often, and always when exiting or reentering the vehicle
- When finishing the journey participants should wash their hands for at least 20 seconds or sanitise their hands as soon as possible

### I'm a coach, what do I need to know/do?

#### **- Read the club's risk assessment PDF**

- Enforce the rules on page 1 wherever possible.
- England Hockey will continue to offer online workshops for coaches to support the delivery of hockey, by sharing ideas of fun and engaging sessions that can be delivered under the current government guidance.

#### **To register your interest please click here.**

- Before any training or match there is a short briefing from coaches or captains reminding participants of their responsibilities aligned to the England Hockey guidance.
- After contact with an injured participant, the person who has administered first aid should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. The first aider should also avoid touching their mouth, eyes and nose. Physios or their equivalent, should keep a record of each participant they have come into contact with for track and trace purposes.
- The maximum group size (including coaches) is 30 for competitive training or match play. More than one group of 30 can use a pitch but must remain separate from the other group. Coaches (that remain socially distanced) can move between groups.
- Bibs can be used IF they will be washed between sessions.

### Where can I read Government guidelines?

[PDF: Guidance for the public on the phased return of outdoor sport and recreation in England](#)

[PDF: Return to recreational team sport framework](#)

