



Advice for Coaches

This summary is aimed at helping individuals understand their responsibilities as a coach when getting back on a hockey pitch safely. This is an extract of the full England Hockey Getting Back on the Pitch – Step 4 Guidance, which is available [here](#). We recommend reading the full guidance if you have wider responsibilities or would like to gain a greater understanding of the requirements and measures in place.

Coaches summary guidance

Coaches must be aware who the Covid Officer is for their club or organisation and be suitably briefed in the expectation for coaches.

Coaches must sign an England Hockey Participation Agreement before delivering any activity (this only needs to be done once), where they agree to the terms and conditions and Code of Ethics and Behaviours. They can sign up [here](#).

Coaches must understand all the expectations placed upon players and play a role ensuring that protocols are followed.

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.

Small group coaching sessions continue to be allowed and we strongly recommend that parents / carers should be present for sessions involving young people at this time. This is mandatory for one to one coaching sessions. England Hockey advice on safeguarding is [here](#) and guidance on one to one coaching included [here](#). Parents should always remain in sight of young players whilst maintaining social distancing.

Preparation

- Coaches should take all reasonable steps to ensure that sessions are as safe as possible.
- A risk assessment should be undertaken.
- Bookings should be made online or by phone.
- Coaches must take a register of all attendees to ensure any track and trace requirements can be easily fulfilled. This must be shared with the Covid Officer.

Think about how you divide the pitch if more than one group is using it to ensure there is sufficient space between groups. The aim should be to ensure groups have significant space at all times including at the start and end of sessions. Groups should not mix but coaches can move across groups.

Social distancing, to a distance of at least 2m, must be maintained outside of competitive training or matches. Coaches should adapt sessions accordingly following England Hockey guidance. Free online training sessions are being offered to support this. Register your interest in the free online training sessions [here](#).

Coaches should avoid delivering training exercises that involve overly repetitive close contact between players.

There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. This particularly applies indoors and when face to face. If possible, players and coaches should therefore avoid shouting or raising their voices when facing each other during, before and after games. This will be included within England Hockey's Code of Ethics & Behaviour.

Equipment

- It is recommended that players bring their own personal equipment (sticks and personal protective equipment).
- Where this isn't possible, and the coach provides them:
 - Fresh balls and sticks should be used for each session – balls and sticks should be stored separately after use and disinfected or stored for at least 72 hours before being used again.
 - Coaches should collect balls, or the player return them with their stick/feet, not hands.
 - No contact between player and other coaching equipment – it is recommended that limited equipment is used if possible.

First Aid

- Suitable first aid provision should be provided. St John's Ambulance advice is [here](#).

Communication

- Coaches should regularly remind participants (and parents/guardians where appropriate) of the expectations and standards required.
- Coaches should ensure that the venue has the necessary standards in place before, during and after the activity before deciding to use the venue.
- When communicating with players, avoid regular removal of gum shields.

Important notes

- If you show symptoms of Covid-19 you should phone NHS Track and Trace and let your club/organisation Covid Officer know immediately. You should also contact anyone you have been in contact with during one of your sessions in the past 48 hours.