

## East London Hockey Club Return to Hockey Guidelines for Members

### Attending Training and Local Matches (Stage 4)

Following the successful trial of hockey training under England Hockey Stage 2 guidelines the club is working to get everyone back to playing the game we love as soon as we safely can under the new Stage 4 guidelines.

Through the pilot we have developed an approach to implementing the [England Hockey guidelines for getting back on the pitch](#) which must be followed by all participants. If you have any questions relating to the contents of this document, please contact Steve Canwell ([stevecanwell10@gmail.com](mailto:stevecanwell10@gmail.com))

**Those who fail to follow the guidelines will be asked to leave the session.**

### Prior to training and matches/Before you leave

- Before taking part in any hockey activity you must complete an England Hockey participant agreement providing details for contact tracing and confirming you understand the safety requirements that must be followed. You can find the form to do that on the [England Hockey website](#).
- We have a maximum capacity per session of a single group of 30 or two separate groups of 20. Once you have completed the participant agreement you will be sent a Clubbuzz invitation for each session.
- If a session is oversubscribed, we will operate a first come first served policy so try to respond as early as possible.
- The Clubbuzz invite will ask you to confirm you have undertaken a COVID-19 self-assessment and have no reason to believe you are infected. **Do not come to training if you feel unwell in any way. Do not come to training if you are required to self-isolate, for example you have been contacted by NHS Track and Trace or another member of your household has symptoms or is required to isolate.** See the latest information from the government on when you are required to self-isolate and for how long [here](#) and what to do if you are contacted by NHS Track and Trace [here](#).
- The changing rooms at both LV and ME are closed so come in kit and ready to play. You must bring your own personal equipment (stick, pads, gumshield and where required facemasks) and not share it with anyone outside your household.
- **Please bring your own hand sanitiser** so you can wash your hands before entering and after leaving the pitch.

### **Travel to and from training or Match**

- Avoid public transport wherever possible when travelling to training. If you need to take public transport, [you are legally required to wear a face mask unless you have a qualified exemption](#).
- We have built 10-minute changeover times into our pitch bookings. Aim to arrive at the pitch 10 mins before your session is due to start.

### **Arriving at the pitch**

- If you need to enter the buildings at either venue to use the toilet or register a vehicle at Lee Valley you must wear a facemask at all times whilst inside.

- On arrival remain a minimum of 10m from the astroturf gate until all participants from the previous session have vacated the area. At Mile End the area around the gate is a bottleneck so we recommend waiting near the running track fence. You must maintain 2m of social distance whilst waiting.
- Our coaches and captains will take an attendance register for contract tracking purposes and brief you on what is expected. If you have not completed the EH participant agreement and accepted a Clubbuzz invite confirming you have completed a COVID-19 self-assessment you will not be allowed to participate.
- Each training session will be provided with an individual set of equipment for use only by that group which will not be reused for 72 hours, unless otherwise cleaned by appropriate antibacterial / disinfectant products. Only coaches may touch the equipment with their hands. Please do not touch the goalposts or other pitch equipment with your hands.

#### **Conduct during the training session or match.**

- You must maintain social distancing when not in play. During discussions, team talks and drill descriptions you must remain 2m from other participants.
- You must not make physical contact with other participants outside of play (i.e. there should be no goal celebrations, post-match handshakes etc).
- Set-pieces such as penalty corners, free hits, etc should be taken as promptly as possible to minimise periods of limited social distance.
- In the event of an injury do not gather around the player, attract the coach's attention and let them deal with the situation.
- There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. If possible, players should avoid shouting or raising their voices when facing each other during, before and after games.
- Please be mindful of those around you and remember others may feel less confident / comfortable at the session than you.

#### **At the end of the session**

- At the end of your session leave the astro promptly and move at least 10m from the gate as quickly as possible. Please be aware of others who may be attending the session after yours and maintain social distancing wherever possible.
- The showers at LV and ME are not open so you will not be able to shower at the pitch.

#### **To note**

- Should you develop symptoms of coronavirus (a new continuous cough, a high temperature, a loss of, or change in, your normal sense of taste or smell) in the days following a session, follow [the latest government guidance on what to do](#), and contact the club COVID officer so the necessary steps can be taken.
- In line with section 11 of the Club's constitution all members must abide by these guidelines. Failure to do so will result in sanctions defined through the club disciplinary process which could include suspension from hockey activities and expulsion from the club in sufficiently serious cases.