



TAMWORTH HOCKEY CLUB

## Training COVID-19 Guidance – Landau QEMS

Date: 7<sup>th</sup> September 2020

Version: 1

Anyone attending training is expected to follow the relevant England Hockey COVID-19 guidance and Codes of Conduct

### Training times

| Session | Coach  | Start Time | Finish Time |
|---------|--------|------------|-------------|
| Juniors | Simon  | 17:30      | 18:50       |
| Club    | Rachel | 19:00      | 20:00       |
| Ladies  | Jamie  | 19:00      | 20:30       |
| Men     | Ian    | 20:10      | 21:30       |

### At least 24 hours before taking part in any hockey activity

- If not already done so this season complete the England Hockey Participation Agreement – see Appendix 1 for a QR code link.

### On day of training before leaving home

- Complete the Tamworth Hockey Club Self-Assessment / Activity Register. – see Appendix 1 for a QR code link  
*This **MUST** be done on the day of the activity. We **DO NOT** want to know you are symptom free the day before, we **NEED** to know you are symptom free on the day.*
- Ensure drinks bottle is filled and labelled with name.
- Change into playing kit and ensure all playing equipment is packed.

### On arrival at Landau QEMS

- Social distancing must be maintained.
- Toilet facilities are on the lower level of sports centre accessed via the fire exit at rear of the building.
- No changing facilities will be available.
- If the pitch is free, or your session has already started you can move to the pitch. Otherwise wait up by the sports centre for the previous session to finish.
- Session organisers are to check that players have completed the two forms. They will have access to the data submitted on the club form.
- Use this time to ensure you are warmed up.
- Juniors training fees to be paid in correct change. Money to be collected into plastic takeaway style pot, and not touched for at least 72 hours.



## Entering the pitch area

- Social distancing is to be maintained.
- Do not enter the fenced area until the previous session has finished.
- Only players and coaches may enter the fenced area. Anyone else must remain outside the fence.
- Setup on the opposite side of the pitch to the previous session.

## During training

- Social distancing applies unless the training exercise requires less than 2 metres or taking part in a practice match. Social distance being at least 2 stick lengths.
- Do not share playing equipment e.g. face masks.
- Players cannot move between groups (maximum size 30) on a single night.
- Juniors moving up to senior training by invite only to a specific session.
- Goalkeepers to be assigned to a session, or to the specific goalkeeper session.

## End of session

- Social distancing applies.
- Clear the fenced area as soon as possible after the end of the session.
- Clear up any rubbish you have created.
- No changing facilities are available.
- Session organisers are to send a list of everyone involved in the session to the club COVID officer as soon as possible after the match (same day). This will enable the COVID Officer time to complete their duties to England Hockey.

## Equipment

- Equipment should not be shared between players.
- Equipment and kit should be cleaned/sanitised as soon as possible after the match.
- If it is not possible to clean/sanitise equipment, then it should be left for 72 hours.
- Match and practice balls should not be handled – use stick or feet when retrieving balls.
- Bibs to be washed weekly, not shared between people between washes.
- Only coaches to handle equipment not belonging to players, e.g. cones.

## Hygiene

- Everyone expected to use hand sanitiser before the session, during training breaks, and after the session as a minimum.
- Spitting and nose clearing is not acceptable and anyone caught doing so will be asked to clean it up, and details will be passed to the club committee for consideration.

## First Aid

- Where the injured person is capable and able to, they are expected to treat their own injury. If not, in the first instance get a member of their household or support bubble to treat them.
- Disposable masks and gloves to be provided for the first aid kits.
- Waste to be disposed of safely.

## Version History

| Version | Date       | Author/Modifier | Reason          |
|---------|------------|-----------------|-----------------|
| 1       | 07/09/2020 | D. Ravenscroft  | Initial Release |

## Appendix 1 – Online Form Links

### England Hockey Participation Agreement

To completed once for the season before starting your hockey related activity



### Tamworth Hockey Club Self-Assessment/Activity Register

To completed before starting every hockey related activity

