**Falkirk & Linlithgow HC training – Forthbank.**

As part of the planned “Return to Hockey”, we have had to put protocols in place to protect any members participating in our events to the best of our ability.

Please read the following information ahead of the first training session taking place on Saturday 12th Sept.

General COVID Procedures:

**Pre-attendance**

* Book your attendance via Spond.
* Wash hands thoroughly
* Bring Hand sanitiser with you
* Bring your own water bottle. **Do not share.**
* Wear playing kit as there will not be access to changing facilities
* Self-assess for COVID symptoms – if you show any of the signs of COVID, **DO NOT ATTEND** and please book at test
* Ensure social distancing in the car park, and when waiting to get access to the pitch.

**During play**

* Do not touch the ball or cones with your hands. Only the coaches should touch the training equipment
* Please remember to socially distance when play stops – do not congregate.
* Avoid shouting excessively and/or spitting
* No handshakes

**Post attendance**

* Clean/Sanitise kit, or isolate it for 72 hours.
* If you develop symptoms after participating, contact the Covid-Coordinator IMMEDIATELY (Davie Ferguson – FLHCCovid@gmail.com)

Specifically for our use of the pitch on Saturday:

* Government guidance is that you should only travel with members of your own household, **and not lift share**. However, if there is no alternative but to travel with people out with your household, you should:   
  - keep to small groups  
  - maintain good ventilation by opening windows where possible  
  - ask everyone to wear a face covering  
  - clean your hands before and after the journey  
  - the vehicle owner must clean the handles/touchpoints.
* A risk assessment has been completed and sent to the facility as part of the booking process. It is available on the club website (http://www.falkirkandlinlithgowhockeyclub.co.uk/covid\_protocols)
* Do not touch any door handles or pitch furniture. Do not use dugouts. Do not enter the playing area if there is another session in progress.
* First aid equipment will be available. Where possible, players should self-treat. In case of emergencies, first aid will be provided by a first-aider, with PPE being used.
* The pitch will be divided into 2 bubbles – male and female. Diagram attached
* Social distancing must be maintained in the car park, and when entering the pitch, as well as between practices or at breaks. Do not congregate.
* Upon arrival everyone will undertake a temperature check and hand sanitisation. Then follow directions to your area:  
  Ladies – follow the blue line behind the goal-line, and place any kit on the sideline opposite the gate.  
  Men – follow the red line down the touchline and place any kit on the sideline diagonally opposite the ladies area.
* Each group must stay in their own bubble. There must be AT LEAST 2m between the bubbles, either side of the halfway line. The max group size per bubble is 30, controlled by the Spond app, which will also be used to store track and trace information.

