



Wilmslow Hockey Club COVID Guidelines for Participants V4

3rd October 2020

Before you come down to Training or a match:

- Watch the EH short [YouTube video](#) on what participants need to do.
- Complete the Participation Agreement (only have to do this once)
- Self assessment check for COVID Symptoms - if in doubt stay at home and let you captain know.
- If you **test COVID +** then contact NHS Track and Trace inform you captain and Sharon Holford WHC COVID Officer immediately.
- Arrive changed
- As a defender you may want to purchase your own Face Mask

Whilst using the Clubhouse:

- Sanitise hands on entry and exit to the Astro and clubhouse
- THERE IS NO KIT ROOM. All equipment must remain outside of the club.
- To reduce cross contamination please bring a joggers and a hoodie to put over playing kit.T
- The kitchen is currently NOT n use.
- The disabled toilet is to be used for disabled and vulnerable people.
- The main toilets are now open however ONLY TWO PEOPLE AT A TIME in the Gents or Ladies. The entrance lobby floor is marked with a waiting area.

Changing Rooms

- Entrance and Exit
 - This is the gable end exit at the very back of the building. There will be floor signs directing you to your changing rooms (Hockey & Lacrosse) please follow the one-way system. Please could the captains of each team take charge of each use of the facilities. This will include clearing down after the game and using the fogger. (please see fogger)
- Showers
 - Showers are available and we suggest only one person at a time. These again will have to be sanitised after every use either using the spray dock provided or the fogger.
- Fogger and spray doc.
 - The fogger and spray doc will be situated in the middle of the changing room corridor opposite the cleaning cupboard with full instructions on how to use. Please ask the host if unsure where or how to use.

Main Function Room:

- Masks to be worn until you are seated at your table.
- Tables are set out in groups of six and are socially distanced.
- Table service only.
 - There is only table service when seated. We will provide the table with a baton that you hold up when you want serving. We are working on a wireless card machine to limit people going to the bar. Please do not approach the bar unless its for takeaway service. (see takeaway service) please leave all glasses on the table for the waitress but please remove your rubbish to the bins provided.
- Please refrain from wearing kit in the bar area.
 - This is not for a dirt aspect but for a sweat aspect, players to bring a pair of joggers and hoodie.
- Function room doors will be pinned open.
- Tables are not to be moved as they are set out for distancing.
- Social distancing to be adhered to at all times.
- There is a one way system to enter and exit the bar area, the floor is marked and there will be a one person queuing system in place.
- Glasses are to be left on the tables for bar staff to remove however, all rubbish is to be cleared by the individual and placed in the bins when exiting.
- The patio doors are EXIT only.

Takeaway Service.

- There is a tall table with 2 stools close to the bar. The host will direct you to the table (whilst wearing a mask) were the waitress will take your order then you can leave.
- Coffee and teas will be available.

Outside Patio Area:

- If weather is suitable then this can be used.
- The rule of six still applies so please do not move furniture.
- Masks are not needed outside.

Team Meetings:

- No team pre or post match talks are to be held in the clubhouse or changing rooms.

Track and Trace:

- Track and trace are available via our NHS QR code or signing in sheets.
- The QR code will just be inside the entrance with the signing in sheets. Captains can put their names on to the track and trace sheets this will cover your bubble of 30 and will help with congestion and duplication.

Astro:

- Sanitise on entry to the Astro (Sanitiser is available)
- A pitch limit of 30 people (including umpires and match officials) is in force so please do not enter the pitch until it has been vacated from any previous game/activity. Dugouts and goalmouths should not be used for team talks etc.
- **Holding area for players is at the far side of the stand**
- Follow the Pitch one way system
 - Enter via the gate by the stand
 - Exit via the gate by the entrance
- Don't form groups around pitch entrance
- Don't enter the pitch until the previous players have left
- Refrain from shouting/swilling mouth out with water/spitting
- Chewing Gum is banned
- **Spectators**
 - The Spectator Stand is opened. Please Note:
 - It is used at your own risk
 - seats must be sanitised before and after use. Antibacterial wipes will be available.
 - Social distancing must be maintained
 - **Spectators must use the area at the near side of the stand**
 - Spectators should stay in groups of 6, following social distancing rules.
 - Spectators should refrain from leaning on the railings
 - Spectators from LOCKDOWN areas are not allowed on site. Where necessary (e.g. parents and carers), a limit of one parent attending the setting is permitted to drop off a child at the facility, then wait in their car during the session.

Travelling to Matches

- Travel – If at all possible, you should travel on your own or in your bubble or household group.
- You should try not to share a vehicle with those outside your household or social bubble. If you need to do this, 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.
 - travel side by side or behind other people, rather than facing them, where seating arrangements allow face away from each other.
 - consider seating arrangements to maximise distance between people in the vehicle.
 - clean your car between journeys using standard cleaning products - make sure you clean door handles and other areas that people may touch.

- ask the driver and passengers to wear a face covering.
- Arrive as close as possible to the time you need to be there.

Before and After the Match or Training

- Do not meet at the match venue any more than 30 minutes before the match
- Do not congregate after playing and stay in groups of 6, following social distancing rules, outside of play.
- Where possible, unless absolutely necessary, avoid touching gates/fences/goals.
- Dugouts should be disinfected between sessions.

What to Bring:

- Bring your own hand sanitiser as backup and for away matches
- For Training bring a spare Shirt dark, light or orange as no bibs are to be used
- Own equipment including Face mask (labelled) if required
- Water bottle and snack

Wilmslow Hockey Club COVID Guidelines for Captains and Coaches

- Bring own hand sanitiser for use when opening car park gate, container, clubhouse, pitch gates (where necessary). Sanitise hands on entry and exit of pitch and clubhouse
- Register must be taken using England Hockey Spreadsheet template which can be downloaded from here [Attendance Register Template](#)
- Only players with a Participation Agreement in place from EH can train/play – Sharon has list
- Data Protection statement must shown - Laminated copy will be in the container with the Sanitiser
- Register must be sent as an **excel FILE NOT a photo or scanned image** . File name can be any but suggest the following format:
 - WilmslowHC_TeamName_Date
- Register must be then sent to EH **within 24 hours** copying Sharon Holford using the following format:

To: track.trace@englandhockey.co.uk

CC: sharonholford1@gmail.com

Subject Field: **Attendance Records Submission for Organisation [206003] for the following date: dd.mm.yyy**

After 21 days registration documents must be deleted /destroyed.

- The register could be captured on a laptop ipad or phone on excel and then sent immediately after the session. This should be done after the session so any late comers have been captured
- Short briefing at beginning - covering COVID guidelines and what's expected of the players.
- Ask if any Players including prospective members have not signed agreement and advise to do so before they attend the next session
- Advise Sharon names new or prospective members
- Sanitiser and Cleaner
 - 5L Hand Sanitiser and Cleaner for the goals and any other equipment will be in the WHC container!
 - If about to run out the spare hand sanitiser and cleaner is in the Clubhouse kit room labelled "ASTRO"
 - Cleanser concentrate need to be diluted 10:1
 - Advise Sharon if running out.
 - Sanitise equipment (balls, cones) or leave 72 hours between groups
 - Sanitise goals at start before moving
 - Sanitise Dugout seating areas
- Bibs - CANNOT be used. Players to bring second shirt dark, light or orange
- Coaches collect balls and cones , no touching by players
- Groups no greater than 30

- Give sufficient space between groups
- Avoid exercises that involve repetitive close contact between players
- Reinforce Social distancing during team talks
- Identify your First Aider
- First Aid procedures have been updated, First Aiders to familiarise themselves with new procedures
- Coaches , First Aider and Captains to carry PPE
- PPE will be included in each First Aid Kit. Linda Kelman contact for additional PPE
- **Holding area for players is at the far side of the stand**
- Follow the Pitch one way system
 - Enter via the gate by the stand
 - Exit via the gate by the entrance
- If someone tests **COVID +** ask them to contact NHS Track and Trace and inform Sharon Holford WHC COVID Officer

Captains Only

- New Players requiring a loan WHC shirt must be given it before match day to allow shirt to be washed by the individual prior to wearing

DON'T FORGET YOU CAN DELEGATE the administrative tasks such as the attendance register, track and trace emailing, cleaning of goal posts, first Aid responsibility.