

HOCKEY'S BACK!

HERE'S WHAT TO REMEMBER

AT HOME



SIGN A PLAYER AGREEMENT*
***(ONLY THE 1ST TIME YOU PLAY)**

BRING HAND SANITISER

WEAR YOUR PLAYING KIT

SELF-ASSESS FOR COVID SYMPTOMS



FOLLOW THE GOVERNMENT TRAVEL ADVICE

CHECK IN WITH YOUR ORGANISER FOR TRACK & TRACE PURPOSES

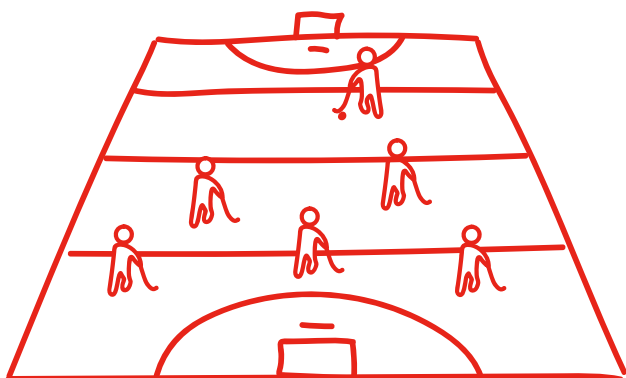
SOCIALLY DISTANCE AT 2M IN GROUPS OF 6 MAX

CLEAN YOUR HANDS DURING BREAKS

FOLLOW THE FACILITY RULES WHEN ACCESSING INDOOR SPACES

OUTSIDE OF PLAY

DURING PLAY



RESPECT YOUR OPPOSITION & UMPIRES

TAKE PENALTY CORNERS & FREE-HITS AROUND THE D PROMPTLY

ONLY TOUCH THE BALL WITH YOUR STICK/ GK EQUIPMENT

USE YOUR OWN PPE OR DISINFECT BEFORE USE
SOCIALLY DISTANCE WHEN PLAY STOPS

NO HANDSHAKES WITH OTHER PLAYERS OR CLOSE CONTACT DURING GOAL CELEBRATIONS

AVOID SHOUTING EXCESSIVELY AND SPITTING

AVOID RUNNING EXERCISES THAT INVOLVE OVERLY REPETITIVE CLOSE CONTACT



CLEAN YOUR KIT OR LEAVE FOR 72 HOURS

IF YOU DISPLAY ANY SYMPTOMS AFTER PLAYING CONTACT YOUR HOCKEY PROVIDER'S COVID-19 OFFICER IMMEDIATELY

AFTER



ENGLAND
HOCKEY

PLEASE NOTE THAT GUIDANCE MAY CHANGE AT SHORT NOTICE AND RESTRICTIONS MAY BE REINTRODUCED.
TO STAY UP TO DATE WITH ENGLAND HOCKEY RETURN TO PLAY GUIDELINES VISIT WWW.ENGLANDHOCKEY.CO.UK/COVID19
TO STAY UP TO DATE WITH GOVERNMENT SOCIAL DISTANCING GUIDELINES VISIT WWW.GOV.UK/CORONAVIRUS