



Wilmslow Hockey Club COVID Guidelines for Participants V6

3rd December 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/Bar:

- The Main Function room/Bar is currently closed as Alcohol can only be served with food. If and when this is addressed the guidelines for the Bar areas will be updated.

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 games 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:**

- Spectators are permitted in Tier 1 and Tier 2 areas following the "rule of 6" and social distancing guidelines.
- **Spectators are not permitted in Tier 3 areas for adult activity**, therefore no spectators will be allowed. However for U18's a **one spectator per household/child**, following social distancing guidelines is permitted, although Cheadle Hulme School are asking parents to remain in their cars.
- 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 refrain from leaning on the railings

Travelling to Matches:

- A key change announced relates to travel arrangements, where **car sharing is now not allowed outside of your household or bubble** and will apply to adult teams travelling for hockey within both Tier 2 and Tier 3. This means **you cannot provide any lifts to anyone outside your household even if you are travelling within your own Tier and there are no exceptions for a "hockey bubble" of players.**
- Any Player who lives in a Tier 3 area can continue to play hockey. However this can only be intra club matches against teams within the same Tier 3 area.
- You should not travel between neighbouring Tier 3 areas, even if they share the same border. Each Tier 3 area is seen as separate, they are not one continuous area.

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.