

For all club members

SAFELY RETURNING TO HOCKEY DURING COVID-19

INTRODUCTION

Saffron Walden Hockey Club has adopted all of England Hockey's recommendations for restarting training through to the resumption of full competitive match play. England Hockey has recommended a phased approach, which we have reproduced in full within this document.

England Hockey also produced specific instructions for participants, which we have included in section 5. We hope that by reproducing this information, club members will have a deeper understanding of the new responsibilities that players now have and play their part in ensuring that the new rules are followed without exception.

Martyn Webb
Chairman

PLEASE READ THE FOLLOWING PAGES

- 1 RETURNING TO HOCKEY – NEW RULES**
12 STEPS TO BEAT THE VIRUS – DIAGRAM
- 2 GOVERNMENT TEAM SPORTS GUIDANCE**
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1. Returning to hockey – new rules

Correct at 05 July 2020

1



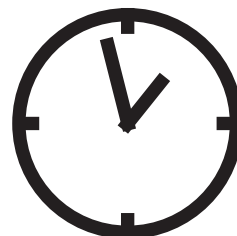
Respect government rules and guidance – anyone showing symptoms of COVID-19 should not train

2



Arrive at training on your own using your own transport: by car, bike or walking

3



Arrive shortly before training

4



Do not celebrate or “high five” with team mates

5



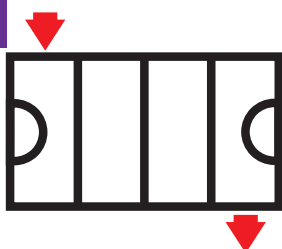
Clean and disinfect your hands before and after training

6



Do not touch your mouthguard with your hands and no spitting

7



Follow the signs for entering and leaving the field

8



Respect the 2m distance between players at all times

9



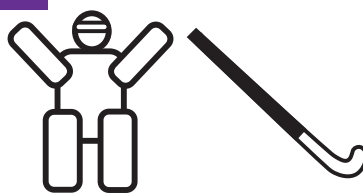
Do not touch the ball with your hands

10



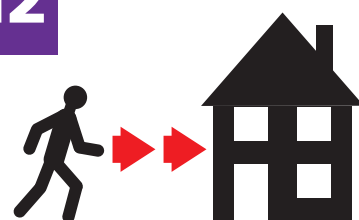
Bring and use your own water bottle only

11



Bring and use your own stick, shin pads and/or goalkeeping kit only

12



Return home directly after the training session

2. GOVERNMENT TEAM SPORTS GUIDANCE

People who play team sports can now meet to train together and do things like conditioning or fitness sessions but they must be in wholly separate groups of no more than 6 and follow social distancing guidelines. While groups could practice ball skills like passing and kicking, equipment sharing should be kept to a minimum and strong hand hygiene practices should be in place before and after. Physical contact with anyone outside of your household is not permitted, therefore playing of any games (small sided or full) is also not permitted at this time. Avoid meeting in groups of 6 in busy or overcrowded areas, if it is so busy that it is not possible to maintain social distancing at all times.

Government Team Sports Guidance (NEW from 30 June)

3. RETURN TO HOCKEY ROAD MAP

Phase 1 – **TRAINING**

- 1 Training** – One to one / household group
- 2 Socially Distanced Training** – Small groups but with social distancing in place
- 3 Small Group Training** – Small group training allowed with some closer contact permitted. Allowing for tackling / marking etc. (some age groups may be allowed to start this stage earlier)

Phase 2 – **PLAY**

- 4 Local Match Play** – Intra club / local matches can happen but restrictions stop leagues / main competitions resuming (e.g. if travel is still an issue because of car sharing or local lockdowns being in place)
- 5 Full Competitive Match Play** – Full leagues / competitions resume

4. SUMMARY GUIDANCE FOR OUTDOOR HOCKEY

- Follow Public Health England advice for good hygiene at all times
- Maintain 2m social distance (unless you are from the same household)
- Use your own equipment (stick and balls) and avoid touching other equipment (goals etc). If you are doing passing exercises, only touch the ball with your stick!
- One-to-one and group coaching is permitted in line with England Hockey safeguarding guidance
- Maximum single group size is 6 people (including any coaches)
- Think about how you divide the pitch if more than one group is using it to ensure there is sufficient space between groups. The aim should be to ensure groups have significant space at all times, including when starting and finishing sessions. Groups should not mix but coaches can work across groups.
- Parents should remain in sight of young players at all times whilst maintaining social distancing from others
- Book online and leave space (10 minutes) between bookings to avoid bottlenecks
- Do not participate if you are required to self-isolate
- Ensure you are appropriately insured and first aid equipment is available

England Hockey – Summary guidance for outdoor hockey – from 1 June 2020

5. ENGLAND HOCKEY INSTRUCTIONS FOR PARTICIPANTS

England Hockey has produced specific instructions for participants, which we have reproduced in full below. (Because it is a general document some of the instructions do not apply to Saffron Walden Hockey Club.) We hope that by reproducing this information, club members will have a deeper understanding of the new responsibilities that players now have and play their part in ensuring that the new rules are followed without exception.

Participants

Preparing to play

- Booking – use electronic booking process or pay online to the venue.
- Hygiene – in line with government advice wash hands before and after activity and regularly use hand sanitiser.
- The maximum group size is 6, including coaches and maintaining social distancing guidelines unless you are from the same household.
- Parents should remain in sight of young players at all times whilst maintaining social distancing.
- Equipment – use your own equipment – sticks, balls (mark your own with your initials), gumshield, facemasks (if required), goalkeeping equipment (if appropriate) and ensure water bottles are full on arrival, do not share equipment and disinfect or leave for 72 hours after use.
- If you are doing a passing drill, only touch any of the balls with your stick. Allow the owner of the balls to collect and disinfect their balls/equipment.
- Insurance – ensure you are suitably insured for the activity you are undertaking, see England Hockey's Health and Safety advice.
- First Aid Provision - Ensure suitable provision is available for first aid. St Johns Ambulance advice is available here.

Access

- Travel – ensure you travel on your own or in your household group.
- Avoid using public transport.
- Arrive as close as possible to when you need to be there.
- Allow others to leave before you enter the pitch – if you need to wait, then do so away from the pitch and clear of the gates. Follow one-way systems where they are in place.

- Ensure you leave the pitch before the end of your allotted time so that the space is empty for the next players.
- Arrive changed and ready to play. Shower at home, and do not use the venue's changing area.
- Do not congregate after playing. No extra-curricular or social activity should take place.
- Access to facilities – no inside space (apart from toilets) will be available, ensure you follow the directions and distancing rules as set out by the venue.
- Where possible avoid touching gates/fences/goals unless absolutely necessary.

Playing

- Think about how you divide the pitch if more than one group is using it to ensure there is sufficient space between groups. The aim should be to ensure groups have significant space at all times including starting and finishing sessions. Groups should not mix. Coaches can move across groups.
- Maintain social distancing at all times outside of your household group.
- Parents/guardians should ideally be limited to one non-participant with strict social distancing between spectators.
- If you are a junior and undertaking a one to one coaching session, a parent/guardian must be present at all times and follow social distancing guidelines.

After play

- Equipment and facilities used should be disinfected between sessions. England Hockey would recommend only the facility operators move goals.
- Good hygiene practice should continue to be followed with equipment disinfected or left for 72 hours.

If you show symptoms of COVID-19 you should contact anyone you have been in contact with so they can self-isolate in line with government guidance.

England Hockey – Detailed guidance for hockey – from 1 June 2020