

Knowle Hockey Club – Covid19 Guidance

Self-Assessment check

- If you or someone you live with are showing signs or symptoms of Covid19, please do not play hockey.
- If you or someone you live with has returned from a foreign country and you have been asked to quarantine, please do not play hockey.
- If you or a member of your family are awaiting a Covid19 test result, please do not play hockey.

Signing up to play

- Before returning to hockey, all players will need to sign a **participation agreement** on the England Hockey website – see QR link below.



This only needs to be completed once to check you have read the 'Advice for Participants' document I sent to you. **You will not be allowed to attend training or matches until this is completed.**

- All Saturday matches will have a Doodle so players can sign up to play. This will enable us to control numbers on the pitch, as per the guidelines set out by England Hockey. Please do not turn up for a match if you have not signed up on Doodle. Some sessions will be limited in terms of numbers so please remove your name from the Doodle if you are no longer able to attend. Team captains will keep a separate list of players, which will be our system of Track and Trace. We will use this information to contact players should there be an outbreak of Covid19 within our hockey family or within another club who we have recently played against.
- Training will continue in two separate groups to help us to manage numbers. A register of attendees will be taken as our system of Track and Trace. Please ensure that your name has been recorded by the designated person when you arrive at training.

Travel and arrival at the pitch

- Where possible, please avoid using public transport to get to training or matches.
- Ideally, travel alone or with members of your bubble. If you are sharing lifts, please ensure that you sit as far apart as possible, open windows for ventilation and consider wearing a mask (this will be left to the discretion of the driver). Try to travel with the same people each time.
- Please arrive changed and ready to play as the changing rooms will not be available. Please also shower at home after training or matches.

- Please access the pitch through the external gates at Merchants; do not cut through the Reception area.
- Please bring your own hand sanitiser and clean your hands before entering the pitch.
- Please remember to bring a face mask as these may need to be worn if accessing indoor facilities at both home and away venues.
- Please leave the area near the entrance/exit gate clear so players have space to arrive/leave safely.
- Try to avoid congregating in groups at the side of the pitch; spread out along the length of the pitch to give everyone space.
- Maintain social distancing wherever possible.
- Please follow the facility rules when accessing indoor spaces i.e. toilets. Please wash your hand thoroughly and use hand sanitiser before and after using the facilities.

Equipment and match play

- Please do not share equipment (especially water bottles); only touch your own stick and belongings. Bibs will need to be washed between sessions.
- Where possible, try to avoid touching the balls, goals, fences, gates with your hands.
- Try to remain socially distanced when warming up, cooling down, having team talks and when play stops.
- Please respect the opposition and umpires.
- Please take penalty corners and free hits around the D promptly.
- Avoid shouting excessively or spitting.
- Please do not pass items around the group – no jelly babies – sorry!
- If a player gets injured, family members or people within their bubble can assist them. Social distancing should be adhered to unless it's a life or limb threatening injury. Face masks and gloves will be available within the 1st aid kit, should a player require assistance.
- No handshakes at the end of the game or close contact during goal celebrations.
- No spectators until further notice.

After playing

- There will be no refreshments or teas for the foreseeable future.
- All payments will need to be made by BACS.
- Please avoid hanging around the pitch after the session as other people may be arriving to use the facilities.
- If you develop signs or symptoms of Covid19 within 7 days of playing hockey, please contact the **Covid Officer, Claire, and your team captain immediately.**
- The committee will then check the Doodle and contact all players who have been in contact with you. We will also need to contact other clubs if we have played matches against them within the last 7 days.
- You also need to contact NHS Track and Trace as per the Government guidelines.

