

LICHFIELD HOCKEY CLUB



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Return to Hockey - Advice for Coaches

This summary, produced based on guidance from England Hockey, is aimed at helping individuals understand their responsibilities as a participant when getting back on a hockey pitch safely. This is an extract of the full England Hockey Getting Back on the Pitch – Step 4 Guidance, which is available [here](#). We recommend reading the full guidance if you have wider responsibilities or would like to gain a greater understanding of the requirements and measures in place.

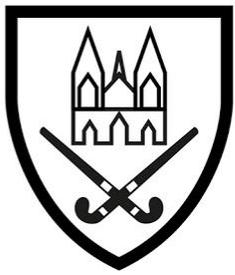
Covid-19 Officer

All clubs have had to identify a Covid-19 officer who will be responsible for developing a Covid-19 plan and risk assessment prior to the restart of any activity. The Covid-19 officer at each club or organisation will be responsible for clearly communicating all relevant guidance to its players, coaches and volunteers. The Covid Officer will be responsible for organising the collating of attendance records for all hockey training and matches.

Initial Covid-19 Officer for Lichfield Hockey Club is Neal Critchley, N.Critchley@yahoo.com , 07866424737.

Advice for Coaches

- Coaches MUST sign an England Hockey Participation Agreement before they participate in any hockey activity (this only needs to be done once). This can be signed via the link below.
https://forms.office.com/FormsPro/Pages/ResponsePage.aspx?id=NvkYmuiQxU--asEa8eSc6g-NqKCAUipGoe_lu_yiEaiZUMIE4NUVKRDZENzJGNUtNVEE5NVIXME9ETC4u
- Coaches must understand all the expectations placed upon players and play a role ensuring that protocols are followed. Please see 'Advice for Participants' sheet.
- The maximum group size (including coaches) is 30 for competitive training or match play. More than one group of 30 can use a pitch but must remain separate from the other group. Coaches (that remain socially distanced) can move between groups.
- Think 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 at the start and end of sessions, Groups should not mix but coaches can move across groups.
- Coaches should take all reasonable steps to ensure that sessions are as safe as possible.
- Coaches should have seen the clubs risk assessment and carried out their own as required.
- Social distancing must be maintained outside of competitive training or matches to a distance of at least 2m.
- Coaches should avoid running training exercises that involve overly repetitive close contact between players.
- There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. This particularly applies indoors and when face to face. If possible, players should therefore avoid shouting or raising their voices when facing each other during, before and after games. This will be included within England Hockey's code of behaviour.



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Preparation for training sessions or matches

- Before training or matches coaches should check that all individuals have complete the self-assessment check list before attending for Covid symptoms.
- If a participant says they forgot to self-check before arrival, then the coach should ask them the health check questions before they join any group at the facility.
If the player answers 'yes' to any one of them they should immediately return home and follow all applicable advice.

SELF SCREEN CHECK LIST PRIOR TO EACH TRAINING SESSION

Each participant should self-screen prior to arrival at any activity to ensure they do not have any of the following symptoms (confirmed by a parent for those under age 18), as these are highly suspicious of COVID-19 infection.

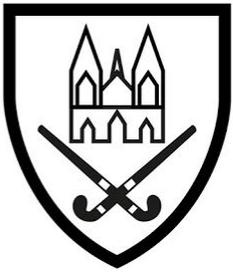
- A high temperature (above 37.8o C)
- A new continuous cough
- Shortness of breath
- A sore throat
- Loss of or change in normal sense of taste or smell
- Feeling generally unwell
- Been in close contact with / living with a suspected or confirmed case of COVID-19 in the previous 2 weeks.

- Coaches must ensure all players attending the session or game have signed an England Hockey Participation Agreement.
- Coaches must take a register of all attendees to ensure any track and trace requirements can be easily fulfilled. This must be shared with England Hockey and, if required, the Covid Officer.

Please use the following format for your attendance records.

First Name	Surname	Date of session dd/mm/yyyy	Time of session hh:mm as 24hr format	Location of session

- When it comes to submitting your Attendance Records, if you could please use the following Subject Line for each submission, that would really help with the processing of the records: **Attendance Records Submission for Organisation [205595] for the following date: dd.mm.yyyy** (obviously with the correct date showing in that format for each session). The number within the [] is our Organisation Reference number and allows England Hockey to track our activity back to the Participants much more easily.
- Please also note that anyone can email these records into track.trace@englandhockey.co.uk
- This data must be stored securely and can be destroyed/deleted after 21 days.



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Equipment

- It is recommended that players bring their own personal equipment (sticks and personal protective equipment)
- Where this isn't possible and the coach provides them:
 - Fresh balls should be used for each session – balls should be stored separately after use and disinfected or stored for at least 72 hours before being used again.
 - Coaches should collect balls or the player return them with stick/feet not hands.
 - No contact between player and other coaching equipment – it is recommended that limited equipment is used if possible.

Injury Treatment

- If a participant gets injured, a member of their household or bubble can assist if present and appropriate, but others (including match officials, team mates and coaches) will still need to socially distance unless a life or limb-threatening injury necessitates compromising guidelines to provide emergency care.
- If there is a team physio, first-aider or other medical personnel present, they should be equipped with the appropriate PPE (including face coverings) to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance.
- After contact with an injured participant, the person who has administered first aid should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact, or the minimum 2 metre social distancing was maintained. The first aider should also avoid touching their mouth, eyes and nose.

Communication

- Coaches should regularly remind participants (and parents/guardians where appropriate) of the expectations and standards required.
- Coaches should ensure that the venue has the necessary standards in place before deciding to use the venue and on arrival and departure.
- If you show symptoms of Covid-19 you should phone NHS Track and Trace and let the Clubs Covid Officer know immediately. You should also contact anyone you have been in contact with during one of your sessions in the past 48 hours.