

LICHFIELD HOCKEY CLUB



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Return to Hockey - Advice for Participants

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.

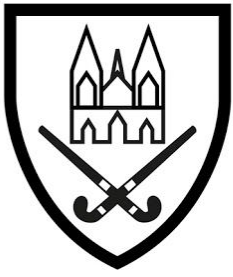
Preparing to play

- Anyone wanting to be involved in hockey MUST sign an England Hockey Participation Agreement before they play (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
- Before training or playing individuals should complete a self-assessment for Covid symptoms.
If you answer 'yes' to any one of them you should not travel to the training session/match 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.



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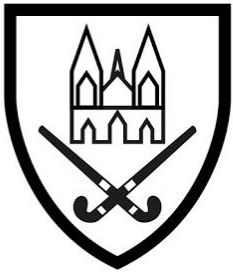


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- Equipment – use your own equipment – sticks, gumshields, goalkeeping equipment etc and ensure water bottles are full on arrival. Water bottles cannot be shared.
- If you have to use shared equipment (short corner facemasks etc), disinfect before use and disinfect or leave for at least 72 hours after use.
- We are recommending that individuals purchase their own orange bib for personal use, as bibs cannot be shared.

Access & Arrival

- England Hockey guidance encourages all participants to follow best practice for travel including minimising use of public transport. Participants should walk or cycle if possible. People from a household or support bubble can travel together in a vehicle.
- If participants do have to travel with people outside of their household or support bubble they should try to:
 - share the transport with the same people each time
 - keep to small groups of people at any one time
 - open windows for ventilation
 - face away from each other
 - clean the car between journeys using standard cleaning products - including door handles and other areas that people may touch
 - ask the driver and passengers to wear a face covering.
 - When finishing the journey participants should wash their hands for at least 20 seconds or sanitise their hands as soon as possible.
- Arrive as close as possible to the time you need to be there.
- Check in with your organiser for Track and Trace purposes.
- 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 follow the facility rules on using indoor spaces such as hospitality or toilets.
- 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.



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Playing Hockey

- Outside of playing
 - Follow the latest government travel advice.
 - Socially distance at 2m distancing in maximum sized groups of 6.
 - Clean your hands during breaks.
 - Follow the facility rules when accessing indoor spaces.
- During play
 - Respect your opposition and umpires.
 - Take Penalty Corners and free hits around the D promptly.
 - Touch the ball with your stick/GK equipment and not your hands.
 - Use your own protective equipment or disinfect before use (e.g. facemasks).
 - Socially distance when play stops.
 - Avoid shouting excessively or spitting.
 - No handshakes with other players or close contact during goal celebrations or at the end of the game.
 - Do not share drinks/refreshments during breaks in play.
 - Avoid regular removal of your gum shield.
- After play
 - Equipment used must be cleaned/disinfected between sessions or left for 72 hours.

Facility Usage

- At present use of the changing rooms in the clubhouse is limited. As such initially please arrive changed and ready to play and then plan to shower at home later. We will update you as the Sports Club develops its systems and risk assessments.
- When matches resume we expect the bar will be available as the Sports Club has already implemented their risk assessment and reopening plan.

Important note

- If you show symptoms of Covid-19 you should phone NHS Track and Trace and let your club/ organisation Covid Officer know immediately.