



USE OF ADEL HOCKEY PITCH BY MEMBERS OF THE HOCKEY CLUB:

FULL GUIDANCE, TERMS AND CONDITIONS FOR COVID-19

We are now at Stage 4: Local Match Play

Intra club / local matches can happen but restrictions stop leagues / main competitions resuming.

- Competitive training starting immediately once organisers can ensure all guidance is in place.
- A maximum of 30 people allowed in 1 group. More than 1 group can use a pitch as long as social distancing can be maintained outside of training.
- Matches (both 11-a-side and small sided) can resume from August.
 - o Multiple matches can take place at the same venue as long as social distancing can be maintained between groups outside of matches.
- In the event of local lockdowns where England Hockey (EH) will follow government guidance according to the special implications for hockey in each case which may vary.

New Guidelines

These have been broken down into the following stages:

At home

- 1) Sign the EH **Participation Agreement:**
 - a. https://forms.office.com/FormsPro/Pages/ResponsePage.aspx?id=NvkYmuiQxU--asEa8eSc6g-NqKCAUipGoe_luyiEaiZUMIE4NUVKRDZENzJGNUtNVEE5NVIXME9ETC4u



- i. Players, coaches, officials and volunteers are **all** required to **sign** the above **before participating** in any hockey activity
 - ii. You only need to fill it out once.
 - iii. Parents/guardians of U18s should complete the form on their behalf.
 - iv. Please do this as soon as possible as it may take up to 24 hours for this to go through to the clubs covid officer.
- 2) Self-assessment check for Covid symptoms
 - a. This must be done before each hockey session
 - b. If you or someone you live with have the below symptoms do not participate and follow the Government and Public Health England (PHE) advice re self isolating.
 - i. You must not participate if you have been advised to self-isolate by a health practitioner or PHE.
- 3) Bring with you
 - a. Own equipment
 - b. Hand sanitizer
 - c. Full water bottle
 - d. Arrive changed and ready to play

Outside of hockey activity

- 1) Travel
 - a. Follow the government travel advice for getting to and from the venue - <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>
 - b. More detail in the Travel section below
- 2) **Check in** with your organiser for **Track and Trace purposes**
 - a. Use the link for Adel's check in <https://forms.gle/XAx3KSK6tbRWWFv79>
- 3) Stagger arrival times to maximise social distancing between groups for training sessions or matches.
- 4) Clean your hands regularly – use the hand sanitizer on arrival and when leaving as a minimum.
- 5) Listen to the safety briefing outlining the EH guidance prior to each session.
- 6) **In all settings** before and after the session, during team talks and, in any breaks, all participants should **practise social distancing**.



During match play or training

Competitive contact match play is now allowed with the following added precautions:

- 1) During warmups and cool downs, participants should practice social distancing where possible.
- 2) Respect your team, opposition and umpires; avoid shouting excessively or spitting.
- 3) Take Penalty Corners and Free-hits around the D promptly
- 4) Touch the ball only with your stick/GK equipment and **not** your hands
 - a. Use your own protective equipment or disinfect before use (e.g. facemasks)
- 5) **Socially distance** when play stops
 - a. **No** handshakes with other players or close contact during goal celebrations
- 6) On the **sidelines**:
 - a. Substitutes and coaches are permitted but must **socially distance** on the touchline or in the dugout.
 - b. Any **spectators** at matches (including parents and carers) must be restricted to **discrete six person gathering limits and spread out**, in line with wider government guidance.
 - c. Refreshments and drinks containers must not be shared.
- 7) If a participant becomes symptomatic during the activity, they should immediately remove themselves from the activity and return home as soon as possible and inform the covid officer.

After play

- 1) Wash your kit or leave it for 72 hours.
- 2) If you display **any symptoms of COVID-19 after playing hockey, contact your hockey provider's COVID-19 Officer** for further information (including contacting NHS Test & Trace)
- 3) The nominated Covid Officer for Leeds Adel HC 2020-21 is Hannah Fisk. Email: secretary@leedsadelhockey.co.uk

The full EH guidelines can be found below:

- For players
- For coaches
- For umpires



Before participating, we encourage everyone to read the guidance and access the EH website for further information.

'Checking in'

All players, officials, volunteers and spectators must undergo a self-assessment for any Covid-19- symptoms. No-one should leave home to participate in any form of hockey if they, or someone they live with, has any of the following:

- A high temperature (above 37.8°C)
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

This check must be done before each hockey session and before the player mixes with others, so that if they have symptoms there is no chance of others being affected. Should an individual have demonstrated any such symptoms, they must not participate.

To complete the check please follow this link.

Anyone who has already been instructed to self-isolate by a health care practitioner or PHE should continue to follow this advice and may not participate.

As this activity is no longer required to be socially distant there is an increased risk associated with taking part in hockey activity. We strongly advised participants to comply with public health restrictions and avoid high risk behaviour outside the sports setting to reduce the risk to their fellow participants when they do attend.

Local Lockdowns

We will take advice from England Hockey with regard to local lockdowns and whether or not members from those postcodes can participate. This may be unique in each case and we will be in contact with EH as these develop.

The current advice is that those from lockdown postcodes can participate in Stage 4 unless the lockdown specifically mentions sport.



However, we are still waiting for confirmation from them with regard to Bradford, Calderdale and Kirklees.

Injury

In case of injury there is a first aid kit under the right hand bench in the middle dugout, please use hand sanitiser prior to use. In an emergency, call 999.

- Appropriate PPE for first aiders and medical professionals will be stored in the first aid kit but it is strongly advised that those assisting avoid touching their face and wash their hands afterwards at the earliest opportunity.

If a player requires assistance, a member of their household or bubble should help them with others socially distancing unless it is a life or limb-threatening injury as a such necessitates emergency care

- . This should be done by the fewest number of players possible and they should avoid touching their face or property until they have used hand sanitiser.
- The incident should be reported to your covid officer as a close contact for track and trace purposes.

Guidelines on first aid can be found here: <https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>

The Role of the Covid Officer and What it Means for You:

- 1) Ensures that all participant have signed the **EH participation agreement** above, at least 24 hours prior to the first session.
 - a. The covid officer has access to the list of all those who register with EH and list Leeds Adel as their club.
- 2) Collects **attendance information** for Track and Trace, this is destroyed after 21 days and is stored securely in line with GDPR.
 - a. The attendance list is emailed to EH after every session.
 - b. The Covid Officer may also be contacted by **NHS Track and Trace** to provide attendance information and contact details of those that is needed if there is a **suspected/confirmed case**.
 - i. This is especially true if NHS Track and Trace cannot contact an exposed individual.



- 3) If you are **unwell**:
 - a. Participants should **not attend** hockey activity
 - b. They should **notify the Covid Officer** if they become sick with Covid-19 symptoms, test positive for Covid-19 or have been **exposed to a suspected or confirmed case.**
 - c. The Covid Officer will ask you to contact NHS Track and Trace if you haven't already.
- 4) Suspected/Confirmed Covid 19 Case
 - a. The Covid Officer will **contact other participants** to let them know and advise them to monitor their own health.
 - b. The NHS may get in contact with participants if they have been in direct contact and need to self-isolate.
 - c. The Covid Officer will advise the Facility Operator, if they may have staff that was present, of the suspected case of Covid-19.
 - d. If a match has been played within a designated window, the Covid Officer from the opposition team, and any match officials will be contacted, to inform them of a suspected case. NHS may get in contact with them if they have been in direct contact and need to self-isolate.
 - e. England Hockey will be informed of a suspected or actual case through the Covid Incident Reporting Form.

Bookings

Up to 4 groups of players can use the pitch at any one time, with each group using a quarter of the pitch.

1. Members must book to use the pitch using the website, use of the pitch is not allowed outside of these hours.
 - a. If you want to use the pitch out of these hours – please contact secretary@leedsadelhockey.co.uk for information.
 - b. Non-members are not allowed to use the pitch unless:
 - i. They are a friend/family member of an Adel HC member.
 - ii. That member must book the pitch and is responsible for the non-member whilst at the facility.



- iii. Their use does not prevent use by members i.e. by booking 2 slots instead of 1 and preventing members accessing the pitch.
2. Players must check-in for these sessions using our check in link prior to each session.
3. Competitive contact hockey may be played during these unsupervised booked sessions
4. Groups should not exceed 6 players per quarter and each group should remain socially distant from other distinct groups.
5. Please contact the covid officer if a member of the group becomes unwell following your session.

Available times to book:

Wednesday 6-7 pm

Thursday 6-8 pm

Sunday: 1-6 pm

Bookings will be for 50 minutes to allow you to leave 10 minutes before the start of the next session to avoid unnecessary contact with others. This will also allow the bookings to run smoothly. Do not congregate and socialise after your session is over.

Please use your own equipment (sticks, balls, water bottles), and avoid touching other equipment such as goals, fencing and the dugouts. You should only touch the ball with your stick or goalkeeping pads.

Players should follow Public Health England advice for good hygiene at all times, as a minimum, players must wash their hands before coming to the pitch and as soon as possible when they leave.

- Hand sanitiser will be made available at the pitch and must be used when entering and exiting the pitch area. In addition, please bring and use your own.

Litter should be removed by the member who bought it with them after the session.

No alcohol is to be consumed on the premises.



Travel and the Car Park

Players should arrive as close as possible to when they need to be there.

We ask 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
- drivers and passengers should wear a face covering
- consider seating arrangements to maximise distance between people in the vehicle
- wash hands for at least 20 seconds or sanitise hands often, and always when exiting or re-entering the vehicle

Members will be requested to park in alternate bays if possible to ensure a distance of 2m is maintained between members from separate households.

Please respect the members of these sections and make sure you adhere to the social distancing guidelines at all times.

The AWMA clubhouse has opened with their own restrictions in place.

Thank you for taking the time to read the above document. We at Adel are committed to moving to Stage 4 on England Hockey's Return to Play guidance. We ask you all to follow the guidance above and in doing so making Adel HC safer from covid-19 for yourselves and fellow participants.