**Berkswell & Balsall Common Hockey Club (BBCHC)**

**COVID 19 – practical guidance on training [and playing matches]**

This guidance has been produced for members of BBCHC (players, coaches, parents [and managers]) to enable our return to hockey. This guidance has been produced following an extensive review of the currently available guidance from the England Hockey Association (EHA).

<http://www.englandhockey.co.uk/page.asp?section=2633&sectionTitle=Covid%2D19+Club+Support>

To summarise, the EHA has a five stage process for the return to competitive hockey. On August 7th, England Hockey moved from Step 2 to Step 4, and entered the ‘Play’ phase. This decision was taken after an investigation into the risks of Covid-19 transmission during play. In collaboration with other major team sports, studying relative risks of transmission through airborne droplets or surfaces, and using GPS/video data, **it has been possible to prove that the risk of transmission during competitive hockey is low.** However, adaptations will be need to be made around the game to ensure that risks can be kept low.

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

|  |
| --- |
| **Play phase** |
| **Step 4: Local Match Play**Intra club / local matches can happen but restrictions prevent leagues / main competitions resuming (e.g. if travel is still an issue due to car sharing or local lockdowns are in place)  |
| **Step 5: Full Competitive Match Play**Full leagues / competitions resume  |

Whilst all of our guidance and protocols are in line with EHA and government guidance, participation in any hockey activities is at the participant’s own risk.

**Covid-19 Officer**

The club’s appointed COVID-19 Officer is **DOUG MACKLAM**. The COVID-19 Officer’s role involves producing and implementing COVID-19 guidance for the club, and overseeing the safe return to play. They will also be the main point of contact for club members and external bodies for COVID-19 related issues.

**Social distancing**

Competitive contact training and matches can now take place, and **during play** social distancing does not need to be observed. However, social distancing should be observed **at all times outside of play**, including arriving at pitch, warm-up/cool downs, for substitutes and spectators (in groups of at most 6), and any breaks in play.

**Training/Match Protocols**

COVID symptoms

* If you or a member of your household has COVID symptoms DO NOT attend any training or matches.
* If you develop COVID symptoms (and test positive for COVID 19) and have recently attended training or matches, you must let the Covid-19 officer know (in line with the governments track and trace initiative).

Prior to any play

* All participants must **sign a Participation Agreement**, involving acknowledgement of risk and a commitment to observe any recommendations made by NHS Track and Trace. This only needs to be done once. **By participating in a hockey session you are confirming that you have signed the Participant Agreement.** [**LINK**](https://forms.office.com/FormsPro/Pages/ResponsePage.aspx?id=NvkYmuiQxU--asEa8eSc6g-NqKCAUipGoe_luyiEaiZUMlE4NUVKRDZENzJGNUtNVEE5NVlXME9ETC4u)
* Before attending you should **complete a Self-Assessment Check**. This check should be done before each hockey session and participants should declare they are symptom free and haven’t been in contact with anyone with suspected or confirmed Covid symptoms within the past 2 weeks. **By attending a hockey session you are confirming that you are symptom free and haven’t been in contact with any one with suspected/confirmed COVID-19 symptoms.**

Prior to a hockey session

* In line with the best practice guidelines, the number of people that can attend one session is limited to 30 people (including coaches).
* Players wishing to attend training should sign up in advance. An attendance register will be maintained (for ALL PARTICIPANTS – this includes coaches, volunteers, umpires) for each session and submitted to the club. This will form part of the NHS Track and Trace program.
* **Please do not come to training unless you have booked and been confirmed to attend.**
* Coaches (or nominated individuals) will prepare the pitch in advance of participants arriving and close down the sessions with sufficient time to clear all equipment and vacate the pitch before next users arrive.

Access and Arrival

* Where possible, travel on your own or in your bubble/household group.
* Avoid the use of public transport unless it is necessary to do so.
* Where you do need to share a vehicle, 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
	+ Travel side by side people rather than facing and/or face away from each other
	+ Maximum distance between people in the vehicle
	+ Clean your car between journeys (particularly touchpoints)
	+ Ask the driver and passengers to wear a face covering
* Please arrive ready to play - there will be no changing facilities available on site.
* Arrive at the allotted time to avoid unnecessary gatherings of people.
* Following Public Health England guidance for good hygiene at all times.
* In line with the current government guidelines the wearing of PPE (personal protective equipment) will not be required at training or matches. All current available facilities are outdoor only and indoor facilities will not currently be used.
* It is recommended that individuals bring their own hand sanitiser which is used before and after training [tbc whether hand sanitiser is provided pitch side by facilities provider]

During session, outside of play

* Entering and exiting the pitch –
	+ maintaining 2m distancing at all times
	+ those exiting the pitch have priority (right of way) over those entering
* At the start of each session coaches (or nominated individuals) will provide a briefing to participants setting out expectations and key safety information. Reminder that no individual should be attending with COVID symptoms and maintaining 2m social distancing at all times.
* Whilst not playing, maintain 2m social distancing in groups of size at most 6. This includes warm-up/cool down
* Any kit/stick bag you bring should not be stored in the dugouts but left on the side of the pitch, appropriately socially distanced from other participants. You are encouraged, as much as possible, to leave all kit not required in your car and not bring to the pitch.
* Individuals attending training must provide their own equipment, including personal safety equipment (e.g. stick, shin pads, gum shield, face masks etc). There should be no sharing of personal equipment.
* Water bottles or any other consumables should not be shared with other players.
* Where equipment if provided by a coach (e.g. balls and cones), this will be controlled by the coach – set-up at the start and collected in at the end by the coach. All such communal equipment will be sanitised or left for 72 hours before use in another session.
* Players are not to handle balls, training aids, goals or any other equipment other than their own personal equipment. This equipment should only be touched by a players stick or feet (players should avoid touching any existing infrastructure, where possible – e.g. goals, fences and gates).
* Clean hands during breaks
* Facilities provider is responsible for sanitising/cleaning communal touchpoints (e.g. goals, fences, gates etc)

During play

* Respect your opposition and umpires
* Take Penalty Corners and Free-hits around the D promptly
* Socially distancing of 2m when play stops
* Avoid shouting excessively or spitting
* No handshakes with other players or close contact during goal celebrations
* Avoid running training exercises that involve overly repetitive close contact between players.
* **Injury guidelines:** if a player is injured, a member of their household or bubble may assist if present. A club first-aider/physio may attend to the injury if equipped with appropriate PPE. Others should maintain social distancing unless the injury is life- or limb-threatening.

After play

* Disinfect kit immediately or leave for 72 hours before reusing
* If you display any symptoms of Covid-19 after playing, contact the club Covid-19 office for further information (including contacting NHS Track and Trace).

**Additional guidance for coaches – EHA detailed guidance for coaches**

* Coaches must be aware who the Covid-19 Officer is for their organisation and be suitably briefed in the expectation for coaches. Details of the Covid-19 Officer is are in Appendix Two.
* Coaches must sign an England Hockey Participation Agreement which they can sign up at http://www. englandhockey.co.uk/covid19 under a new Topic titled Participation Agreement. This will go live once the Guidance is approved.
* Coaches must understand all the expectations placed upon players and play a role ensuring that protocols are followed.
* 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.
* One to one coaching sessions continue to be allowed and we strongly recommend that parents / carers should be present for sessions involving young people at this time. This is mandatory for one to one coaching sessions. England Hockey advice on safeguarding is here and guidance on one to one coaching included in here. Parents should remain in sight of young players at all times whilst maintaining social distancing.

Preparation

* Coaches should take all reasonable steps to ensure that sessions are as safe as possible.
* A risk assessment should be undertaken.
* Bookings should be made online or by phone.
* Coaches must take a register of all attendees to ensure any track and trace requirements can be easily fulfilled. This must be shared with the Covid Officer.
* 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 but coaches can move across groups.
* Social distancing must be maintained outside of competitive training or matches to a distance of at least 2m. Coaches should adapt sessions accordingly following England Hockey guidance. Free online training sessions are being offered to support this.
* 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.

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.

First Aid

* Suitable first aid provision should be provided. St John’s Ambulance advice is here.

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 contact anyone you have been in contact with so they can self-isolate in line with government guidance.**

**Additional guidance for participants – EHA Guidance**

* Participants should be made aware of who the Covid-19 Officer is by their club or organisation.

Preparing to play

* Participation Agreement – All those looking to get involved in hockey must sign an England Hockey Participation Agreement once where they agree to the terms and conditions and Code of Ethics and Behaviours. They can sign up at http://www. englandhockey.co.uk/covid19. (This link will only be visible once we go live following approval of the Guidance)
* Self-Assessment Check - This check should be done before each hockey session and participant should declare they are symptom free and haven’t been in contact with anyone with suspected or confirmed Covid symptoms within the past 2 weeks.
* 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.
* For outdoor hockey the maximum group size involved in one discrete group of close contact is 30, including coaches. More than one group can use a pitch as long as social distancing is maintained.
* For indoor hockey the maximum group size is determined by the venue being used but (if large enough) should not exceed 30 in one discrete group.
* 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.
* If you have to used shared equipment disinfect before use 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 here.
* First Aid Provision - Ensure suitable provision is available for first aid. St John’s Ambulance advice is available here.

Access

* Travel – If at all possible you should travel on your own or in your bubble or household group.
* Avoid using public transport unless necessary to do so.
* You should try not to share a vehicle with those outside your household or social bubble. If you need to do this, 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
	+ travel side by side or behind other people, rather than facing them, where seating arrangements allow
	+ face away from each other
	+ consider seating arrangements to maximise distance between people in the vehicle
	+ clean your car between journeys using standard cleaning products - make sure you clean door handles and other areas that people may touch
	+ ask the driver and passengers to wear a face covering
* Arrive as close as possible to when 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 socially distanced outside of play.
* Where possible avoid touching gates/fences/goals unless absolutely necessary.

Playing hockey: outside of playing

* Follow the government travel advice here.
* Socially distance at 2m distancing in maximum sized groups of 6
* Clean your hands during breaks
* Follow the facility rules when accessing indoor spaces

Playing hockey: 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
* Avoid running training exercises that involve overly repetitive close contact between players.

After play

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

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.
1. **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.**