



Getting Back on the Pitch - Step 4

Final Version 1.0 – 7 August

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Introduction

Further to the work done collaboratively by the major team sports in England and the subsequent publication of the Recreational Team Sports Framework England Hockey can now confirm that hockey in England can progress to Step 4 of our Return to Play plan as set out beneath.

This approach allows us to skip Step 3 as the increase in group size means that it is possible to move to Step 4. Also, the movement to Step 5 will not require permission from government and instead will be determined by England Hockey on the readiness of clubs to resume full competitive hockey. Currently a large number of clubs cannot access facilities and until this situation improves the resumption of full leagues may not be possible. England Hockey will continue to assess the situation and provide regular updates.

Phase	Step
Train	1. Training - One to one / household group
	2. Socially Distanced Training - Small groups but with social distancing in place
	3. Small Group Training – Small group training allowed with some closer contact permitted. Allowing for tackling/marketing etc. (some age groups may be allowed to start this stage earlier)
Play	4. Local Match Play – Intra club / local matches can happen but restrictions stop leagues / main competitions resuming
	5. Full Competitive Match Play – Full leagues / competitions resume

To allow hockey to resume England Hockey has worked with the other major team sports to demonstrate the limited risks of resuming competitive outdoor team sport. This framework looks at the relative risks of transmission via airborne droplets and through fomite transmission (touching surfaces). From this, also using a mixture of player GPS data and video data to assess the amount of close contact between players it has been possible to prove that the risk of transmission during competitive hockey is low.

This is good news in terms of being able to play hockey, but adaptations will need to be made around the game to ensure that the risks can be kept low. The following guidance and accompanying information will ensure that hockey can resume in a way that is as safe for participants as possible.

The updated government advice means it is now possible to undertake the following activity. England Hockey expects that all involved in any activity follow the guidance beneath.

- Outdoor competitive hockey can resume:
 - Competitive training can start immediately once organisers can ensure all guidance is in place.
 - A maximum of 30 people are allowed in one group but more than one 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. Multiple matches can take place at the same venue as long as social distancing can be maintained between groups outside of matches.
- Indoor hockey can resume:
 - Competitive training can start immediately once organisers can ensure all guidance is in place.
 - Clubs or organisers must strictly follow the guidance on indoor sports provision by ensuring that the venue abides by the required regulations, that areas are well ventilated and that capacity rules are followed.
- England Hockey will continue to offer online workshops for coaches to support the delivery of hockey, by sharing ideas of fun and engaging sessions that can be delivered under the current government guidance. [To register your interest please click here.](#)

England Hockey will continue to follow government and Public Health England advice. Timings of any changes to the circumstances for hockey will always be led by government advice during the Covid-19 restrictions. In the event of local lockdowns where England Hockey will follow government guidance according to the specific implications for hockey in each case which may vary.

Whilst these are now significant steps forward in terms of returning to play, we would encourage everyone to firstly consider the health of themselves and others.

Summary guidance for outdoor hockey at Step 4 - from 24 July 2020

The following is a summary of the full guidance which is available later in this document:

At home

- Sign a Participation Agreement
- Bring hand sanitiser
- Wear your playing kit
- Self-assess for Covid symptoms - if you have symptoms contact the NHS for a test

Outside of play

- Follow the government travel advice (<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>)
- Check in with your organiser for Track and Trace purposes
- 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
- Avoid running training exercises that involve overly repetitive close contact between players.

After play

- Clean your kit or leave for 72 hours
- 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)

If you have any questions or feedback, please email clubs@englandhockey.co.uk

Full Government Guidance

The following recommendations for Hockey in England have been built from the government advice as follows:

Outdoor Hockey:

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation>

Indoor Hockey:

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>

Additionally, there is advice from the FIH on facilities here: <http://fih.ch/news/covid-19-fih-issues-guidance-to-ensure-playing-fields-are-ready-when-restrictions-end/>

Detailed guidance for hockey at Step 4

These are not exhaustive and should be read in conjunction with the government guidance above if more detail is required.

The first tables cover the overall updates to guidance for Step 4 of Return to Play.

There are also three specific guides for: Participants, Coaches and Facility Operators.

PRIOR TO ACTIVITY

Club preparation

Each club or organisation must only return to sport when they are ready and have the appropriate measures in place to be compliant with guidance developed by England Hockey & general government guidance in relation to recreational sport (<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation>)

All clubs or organisations must 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 may wish to consider establishing a Covid-19 group to be responsible for producing and implementing the Covid-19 risk assessment and to oversee the safe return to play. The Club Committee must register and sign up to the Terms and Conditions for Return to Play agreeing to following the respective guidance. They will be able to do that through the [Club Portal](#) which only committee members can access. The Covid-19 officer details will also be captured at this point.

As part of the preparation for return to play, those in charge of the session (for example coaches and volunteers) should be aware of the protocols in place and have written or read any relevant risk assessment. They may also take part in any necessary specific training or briefing, if available.

Clubs or organisations must ask participants to consider if their underlying health, may caution against participation. England Hockey, along with others NGB's is aware that people from BAME communities may face greater risk from Covid-19, as detailed within this [report](#) from Public Health England (PHE). Therefore, BAME participants should talk to their club to identify and understand the measures that will be put in place. Based on this information they should then make a personal decision as to whether the time is right to re-start playing.

To ensure hockey's return is inclusive and accessible to all we are supporting the Activity Alliance's 'Reopening activity: An inclusive response' guidance. This identifies considerations that enable disabled people, including those with long-term health conditions, to be included in a welcoming and more accessible activity environment. Link: <http://www.activityalliance.org.uk/how-we-help/resources/reopening-activity>

Clubs or organisations Covid-19 guidance identifies any required actions that needs to take place in order to be capable of any return to play. For example, they may need to make repairs, order equipment, deep-clean the clubhouse, or hire an outside contractor to get the pitch ready.

Clubs should also check any insurance they have in relation to any hockey activities (e.g. personal accident) to ensure it remains in place during the pandemic and if so, to ensure full compliance with its terms. For those that use England Hockey insurance through Howden's more detail is here: <http://www.ps-hockey.co.uk/>

The Covid-19 officer at each club or organisations will be responsible for clearly communicating all relevant guidance to its players, coaches and volunteers.

England Hockey is clear, if any club or community hockey provider is in doubt, or not confident about restarting community hockey, then they should not.

<p>Track and Trace</p>	<p>England Hockey has set a process for Hockey deliverers (clubs, companies, camp providers but excluding educational establishments) to register that they are engaged in Hockey activity and agree to abide by the guidance issued. Hockey deliverers are being asked to:</p> <ul style="list-style-type: none"> • appoint a Covid Officer, • collate information to allow for Track and Trace in line with GDPR principles, • conduct risks assessments, • implement best practice, • educate participants about the requirements of limiting the spread of Covid-19 and the standard of behaviours expected within the sport. <p>Players, coaches, officials, volunteers will be required to sign up to a Participant Agreement which clearly outlines the risks and the requirements to support the Track and Trace system. The Participation Agreement also outlines the Code of Ethics and Behaviours expected in the sport and gives match officials the authority to ensure that measures are being adhered to.</p> <p>In the event that the actions of an individual within the jurisdiction of England Hockey are such as to put others at risk of COVID-19, participation sanctions and/or a Disrepute Complaint referral may be made to England Hockey</p> <p>The Covid Officer will be responsible for collating the attendance records for all hockey training and matches. This information should be stored in-line with the Government Recreational Team Sport Framework and collected / processed in accordance with the Data Protection Act 2018 and in line with GDPR principles.</p> <p>This information will be shared with England Hockey to allow for the monitoring of adherence of the guidelines and intervention, if required.</p> <p>The Covid Officer is central to supporting the Track and Trace program and will be contacted one of four ways:</p> <ul style="list-style-type: none"> • Contacted by a participant of their own club or organisation if they have suspected or confirmed Covid-19 symptoms or come into contact with someone with symptoms. • Contacted by NHS Track and Trace that a person with suspected or confirmed Covid-19 symptoms attended a specific hockey activity • Contacted by another Covid-19 officer from another club or organisation who recently played against their club or organisation who has someone with suspected or confirmed Covid-19 symptoms • Contacted by England Hockey Covid Officer should NHS Track and Trace or another Covid-19 Officer is struggling to make contact. <p>Once contacted, the Covid Officer will:</p> <ul style="list-style-type: none"> • Encourage the participant reporting symptoms to stay away from Hockey activity until the required self-isolation period. • Ask them to contact NHS Track and Trace, if they haven't already. • Inform other participants who may have come into contact with the person with suspected or confirmed symptoms. • Contact the other club or organisation Covid Officer if a match was held with someone with suspected or confirmed symptoms. This is relevant if the match was within the 48 hours prior or 7 days after the symptoms of the participant developed. • Inform England Hockey. <p>Participants will be allowed to take part in hockey related activity once the required self-isolation period has been observed.</p>
<p>Local Lockdowns</p>	<p>In the event of local lockdowns where England Hockey will follow government guidance according to the specific implications for hockey in each case which may vary.</p>

<p>Pre-attendance official symptom check</p>	<p>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:</p> <ul style="list-style-type: none"> • A high temperature (above 37.8 °C); • A new, continuous cough • A loss of, or change to, their sense of smell or taste <p>This check should be done before each hockey session and must be recorded in regular risk assessments. Some clubs may wish to have this completed in the form of an online or paper questionnaire at the start of sessions. If symptoms are checked at the start of a session rather than in advance, this should be completed on arrival before the player mixes with others, so that if they have symptoms there is no chance of others being affected.</p> <p>Should an individual have demonstrated any such symptoms, they must not participate. Instead they should follow NHS and PHE guidance on self-isolation: https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/</p> <p>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.</p> <p>Participants (or parents) will be made aware of any increased risk associated with taking part in activity, based on the assessment undertaken by the club. They should also be strongly advised 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.</p>
<p>Travel to training and matches</p>	<p>England Hockey guidance will encourage 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.</p> <p>If participants do have to travel with people outside of their household or support bubble they should try to:</p> <ul style="list-style-type: none"> • 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 • consider seating arrangements to maximise distance between people in the vehicle – this may mean using more than one coach or minibus, for example, if possible • wear face coverings on coaches or minibuses • require regular hand sanitisation by passengers on a coach or minibus • Limit the time spent at garages, petrol stations and motorway services • Keep distance from other people and if possible, pay by contactless • wash hands for at least 20 seconds or sanitise hands often, and always when exiting or re-entering the vehicle • When finishing the journey participants should wash their hands for at least 20 seconds or sanitise their hands as soon as possible <p>EH's guidance for clubs considers further mitigations to ensure safe arrival at venues including:</p> <ul style="list-style-type: none"> • All players, officials, volunteers and spectators must undergo a self-assessment for any Covid-19- symptoms. • Putting up clear signage so people can find their destination quickly. • Reviewing how people walk through the clubhouse and adjust if necessary, to reduce congestion and contact between users. • Regulating entry to the clubhouse to avoid overcrowding outside the entrance/toilets/ catering facility.

<p>Arrival at venues</p>	<p>Clubs should strictly limit the time spent congregating at a venue before activity begins. Meet-up times should reflect this. This includes arriving changed and ready to begin the warmup, if possible, to minimise time spent waiting or in changing rooms and may be aided by staggering of arrival.</p> <p>Clubs should provide hand sanitisers at the entrance and exit of club houses and pitches and advise users to bring their own hand sanitiser, marked with their own name.</p> <p>England Hockey's guidance for clubs considers further mitigations to ensure safe arrival at venues including:</p> <ul style="list-style-type: none"> • All players, officials, volunteers and spectators must undergo a self-assessment for any Covid-19- symptoms • Putting up clear signage so people can find their destination quickly • Reviewing how people walk through the clubhouse and adjust if necessary, to reduce congestion and contact between users • Regulating entry to the clubhouse to avoid overcrowding • Applying appropriate markings where necessary to manage queues, e.g. outside the entrance / toilets / catering facility
<p>Safety Briefing</p>	<p>The Covid Officer for the organising body should ensure that before any training or match there is a short briefing reminding participants of their responsibilities aligned to the England Hockey guidance.</p> <p>The Covid Officer is ultimately responsible for ensuring this occurs but can delegate the responsibility to coaches or team captains.</p>

DURING ACTIVITY	
Social distancing in competitive training	<p>Competitive contact training can take place for all participants, in an outdoor setting provided this takes place in discrete groups of no more than 30 (including coaches).</p> <p>Clubs should determine the appropriate ratio of coaches to participants, following the relevant England Hockey safeguarding policy. Sessions might include multiple groups of 30 but only if they can be appropriately socially distanced from each other.</p> <p>In an indoor setting the venue capacity must be followed in line with the indoor sports guidance and social distancing maintained in any breaks in play/training.</p> <p>In <u>all</u> settings before and after the session, during team talks and, in any breaks, all participants should practise social distancing.</p> <p>Any spectators at training sessions (including parents and carers) must be restricted to discrete six person gathering limits and spread out, in line with wider government guidance.</p>
Social distancing in match play	<p>Competitive contact match play (11-a-side or small sided) is now permitted, however, in all settings before during and after participants should practise social distancing as outlined in this plan.</p> <p>Substitutes and coaches are permitted but must socially distance on the touchline or in the dugout.</p> <p>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.</p> <p>During warmups and cool downs, participants should practice social distancing where possible.</p>
Social distancing during breaks	<p>All participants must remain socially distanced during breaks in play with spaced areas for equipment and refreshment storage for each individual including officials and substitutes. Coaching staff and substitutes, should, for example, spread out and avoid sharing a dug out or bench if social distancing cannot be observed.</p> <p>Water bottles or other refreshment containers should in no circumstances be shared. Participants are advised to bring their own drinks or refreshments, in a named container.</p> <p>After activity participants must maintain government mandated social distancing for social interaction. This includes in any available changing rooms, showers, and any clubhouse facilities or other venue participants congregate in afterwards.</p> <p>Any payments relating to the fixture (match fees, umpire fees or facilities fees) should where possible be made in a cashless manner.</p>
Use of equipment	<p>The sharing of equipment must be avoided where possible. Where equipment is shared, equipment must be cleaned before use by another person.</p> <p>Participants should take their kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials. Where kit absolutely has to be shared or kept together (e.g. last minute stand-in players, shortage of kit, or an essential club function), each person handling it must wash or sanitise their hands immediately after and appropriate cleaning arrangements for the kit must be made.</p> <p>England Hockey will continue to review ongoing Government research and advice on transmission of the virus and ensuring guidance is updated to reflect it.</p>
Ball transfer	<p>The nature of hockey means that the ball is very infrequently handled. Where the ball goes out of play it should be retrieved by players using their stick or feet. Balls should be left for 72 hours or disinfected before and after use.</p>
Match officials and team staff	<p>Match officials and team staff should observe England Hockey's guidance in the same way as participants are required to. Match officials and team staff must remain socially distanced from players wherever possible.</p>

<p>Adherence to measures</p>	<p>The England Hockey Code of Ethics and Behaviour (Respect) will be adapted to ensure a commitment for all involved to adhere to Covid-19 adaptations.</p> <p>The Covid Officer for each club will be responsible for communicating the code of behaviour to all players, coaches and volunteers within the club.</p> <p>Match officials will be empowered to ensure measures are adhered to through appropriate sanctions designed by England Hockey.</p> <p>Participants must be clear that they are opting in to participating via the signing of a Participation Agreement as defined in England Hockey’s guidance with regard to risk and risk mitigation. This only needs to be done once per player irrespective of setting.</p> <p>The Covid Officer for each club for knowing who has and hasn’t completed a Participation Agreement. No one should participate in any hockey activity without signing this in advance.</p>
<p>Shouting</p>	<p>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.</p>
<p>Injury treatment</p>	<p>Injuries during play should still be treated, participant health and safety is of utmost importance. The best form of protection is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, will be recommended in England Hockey’s supporting guidance.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Physios or their equivalent, should keep a record of each participant they have come into contact with for track and trace purposes. Further information for those who may need to act as a ‘first responder’ role in a sports setting, appears here: link</p> <p>If a participant becomes symptomatic during the activity, they should immediately remove themselves from the activity and return home as soon as possible. NHS guidance on further management of symptoms should be followed. https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/further information for those who may need to act as a ‘first responder’ role in a sports setting.</p>
<p>Spectators</p>	<p>Supporters, parents, and other spectators to remain socially distanced whilst attending events. Spectator groups must be restricted to discrete six person gathering limits and spread out, in line with wider government guidance.</p>

FACILITY USAGE	
<p>For sports reliant on third party owned or managed facilities adherence to these guidelines should be worked out collaboratively between club and facility. Each facility or club must have a Covid-19 officer who will be responsible for producing a specific facility operations plan that incorporates a full risk assessment.</p>	
Movement on site	<p>All venues must have entry and exit and parking arrangements to venues that ensures social distancing can be maintained.</p> <p>Venues must display the appropriate signage to facilitate at all points throughout the facility and car park.</p> <p>Venues will implement traffic flow systems where possible and appropriate.</p> <p>Venues will outline socially distanced areas for teams, officials and spectators.</p> <p>Venues will ensure that all accessible provision within the site and the facility are available.</p>
Changing rooms and showers	<p>Where possible, players must arrive changed and shower at home. Use of changing and shower facilities must follow government advice on the use of indoor facilities when available. (https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities#section-6-4)</p> <p>If these facilities remain closed, exceptions may be made where safety and safeguarding measures require their use. E.g. supporting disability athletes, a child needs a change of clothing etc.</p>
Toilets	<p>Toilets will need to be opened for pre-match, match and for 30mins following.</p> <p>Facility providers should consider the following steps:</p> <ul style="list-style-type: none"> • Using signs and posters to build awareness of good handwashing technique, the need to increase handwashing frequency and to avoid touching your face, and to cough or sneeze into a tissue which is binned safely, or into your arm if a tissue is not available. • Consider the use of social distancing marking in areas where queues normally form, and the adoption of a limited entry approach, with one in, one out (whilst avoiding the creation of additional bottlenecks). • To enable good hand hygiene, consider making hand sanitiser available on entry to toilets where safe and practical, and ensure suitable handwashing facilities including running water and liquid soap and suitable options for drying (either paper towels or hand driers) are available. • Setting clear use and cleaning guidance for toilets, with increased frequency of cleaning in line with usage. Use normal cleaning products, paying attention to frequently hand touched surfaces, and consider use of disposable cloths or paper roll to clean all hard surfaces. • High ventilation in indoor facilities is paramount to reducing transmission of Covid-19; keep the facilities well ventilated, for example by fixing doors open and opening windows where appropriate. • Special care should be taken for cleaning of portable toilets and larger toilet blocks. • Putting up a visible cleaning schedule can keep it up to date and visible. • Providing more waste facilities and more frequent rubbish collection. Toilets capacity should be managed via entry and exit as per government guidelines.
Hygiene	<p>Participants will be encouraged to refrain from spitting or rinsing out their mouths on or around the playing area. Chewing gum should be banned.</p>
Post-game socialising	<p>Bars and restaurants, including any food or drink facilities inside a clubhouse have been allowed to open from 4 July, in accordance with the latest government guidance.</p> <p>Catering facilities commonly have high levels of usage and contact between workers and users. Therefore, extra consideration must be given to ensure that social distancing remains in place. Detail on this will be included within EH's supporting guidance.</p>

Clubhouse and hospitality	<p>Venues will use clubhouses and hospitality facilities in line with government guidance on hospitality settings LINK</p> <p>Groups in clubhouses and hospitality facilities must be restricted to six person gathering limits and spread out, in line with wider government guidance.</p> <p>High ventilation in indoor facilities is paramount to reducing transmission of COVID-19; indoor facilities such as clubhouses and hospitality facilities should be well ventilated, for example by fixing doors open and opening windows where appropriate.</p> <p>If a club chooses to keep their facilities closed, exceptions must be made for essential activity such as provision of first-aid or access to essential equipment for the match. Full detail will be provided in EH's supporting guidance.</p>
Pitches	<p>The International Hockey Federation (FIH) has issued guidance on the safe return to hockey pitches. This is available here: http://www.fih.ch/media/13350090/start-to-plan-now-for-when-your-hockey-field-reopens.pdf</p> <p>The disinfecting of pitches between sessions is not identified as a requirement.</p>
Indoor Hockey	<p>The provision of indoor hockey is covered by the following guidance: https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities.</p> <p>Whilst indoor hockey can resume government is keen that particular attention is paid to:</p> <ul style="list-style-type: none"> • Clubs or organisations ensuring that the venue operator is following the guidance above. • Venues are well ventilated. • That capacity rules in terms of number of participants (unique to each facility) are followed.

Advice for Participants

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

Advice 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.englishockey.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.

Advice for Facility Operators

- Facilities must ensure that they know who the Covid-19 Officer is for any hockey club or organisation that is using the venue. Details of the responsibilities of the Covid-19 Officer is are in Appendix Two.
- Preparation:
 - Facilities should carefully follow government advice on facility opening. This should include a Covid-19 Risk Assessment
 - Cleaning – suitable cleaning and hygiene arrangements should be put in place.
 - Bookings should be made online or over the phone.
 - Indoor facilities:
 - Clubhouses - Should only open in line with government advice relating to the opening of indoor facilities and hospitality guidelines.
 - Toilets – should be opened in line with guidance but should be cleaned between sessions with appropriate cleaning fluids and water available.
 - Indoor Hockey – Venues should follow government advice on the use of indoor facilities ([here](#)).
 - Outdoor facilities:
 - Prepare for sessions with equipment ready and in right place aiming for there to be no contact for players/coaches with doors, gates, fencing, goals wherever possible.
 - First aid equipment accessible and facility operator or St John's ambulance advice followed. See [here](#).
 - Hand sanitisers should be made available and facility operators clean all common use areas in between sessions.
- Running activity
 - 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.
 - It is recommended to leave time between bookings (10 mins) or stagger bookings to allow for minimal opportunity for bottlenecks to occur.
 - Leave gates / doors open and consider a one-way system if possible (in / out)
 - Consider parking arrangements and maintaining distancing wherever possible including marking 2m distancing if you can.
 - Standard England Hockey safety advice should be followed [here](#).
- Communication
 - Facility operators should provide clear signage and regular reminders for participants of Covid-19 guidelines.
 - Facility operators should ensure that clear and regular communication is in place with coaches reminding them of standards required.
- After
 - Facility operators should disinfect equipment and places that have been used.
- If any users of the venue or venue staff show symptoms of Covid-19 you should contact any users of the venue so they can self-isolate in line with government guidance.

Appendix One

Risk Assessment guidance for Clubs/Organisations, July 2020

Introduction

All clubs/organisations have a legal duty to take reasonable care to avoid acts or omissions which are a reasonably foreseeable risk. A risk assessment is a systematic review of the tasks, jobs or processes involved when your Club/organisation organises, facilitates and/or hosts hockey activities. The purpose is to identify the significant hazards, the risk of someone being harmed and deciding what further control measures you must take to reduce the risk to an acceptable level.

Risk assessments should cover all risks, including those associated with the COVID-19 pandemic and how the Club/organisation intends to ensure that its members and activities will operate within the Government Guidelines.

The public health crisis is constantly developing; therefore, it is important that clubs/organisations ensure that risk assessments are completed and continually reviewed in light of changing Government guidance, feedback and observations from staff. This may significantly impact Clubs' practices and what measures need to be in place to ensure the safety of all participants.

Risk Assessments

Club/Organisation officials and coaches should keep the six points below in mind, at all times, to ensure the safety of participants. Clubs/Organisations should review the measures implemented in response to these on a regular basis, particularly when Government advice or guidelines change.

Keep up to date with Government and EH guidelines. Please ensure that they are followed at all times and communicate the guidelines to all individuals connected with your Club or organisation.

Please see the latest EH guidance relating to COVID-19, the Roadmap to Returning to Play and risk assessment checklists & templates here: <http://www.englishockey.co.uk/covid19>

1. Contact the Club/Organisation's insurance provider to ensure that your Club/Organisation is suitably covered to undertake activities in the current public health crisis. For clubs that use Howden's advice is available here: <http://www.ps-hockey.co.uk/>
2. Undertake regular risk assessments of the Club/Organisation's activities, ensuring that each one is named, signed and dated by those completing and approving it. Risk assessments are "living documents" and should be updated and reviewed regularly and kept in active use to mitigate any new or changing risks. Undertake specific employee/volunteer risk assessments for anyone undertaking high-risk roles or tasks. EH have provided risk assessment templates relevant to the stage of play and will provide further guidance in line with the move to Steps 4 and 5 of EH's Roadmap to returning to play.
3. Adapt activities and update the Club/Organisation's policies in light of any changes to the steps of Returning to Play. Policies to be updated include: Health and Safety Policy; and Data Privacy Policy, to cover the handling of data where Clubs/Organisations capture data about attendees at sessions to aid the NHS Test and Trace service.
4. Ensure that everyone - board/committee members, coaches, first aiders, volunteers, parents and players - is aware of the Club/Organisation's Covid-19 protocols.
5. Do not undertake an activity if the Club/Organisation has any concerns about the safety of club officials and / or participants.

Communication of risk assessment, policies and procedures specific to Covid-19

It is essential that all clubs/organisation communicate with their members to share all changes relating directly to the impact of COVID-19. All communication with young people should follow EH's [Communication good practice guidance](#).

Parents/guardians should be told to ensure that their child has their own water bottle, hand sanitiser, sun cream and any necessary medication (e.g. inhaler). All items belonging to their child should be labelled with their name and should not be used by anyone else.

The period of isolation may have caused some young people to become anxious or unsure about resuming activity. Clubs/Organisations should only support their return to hockey when they and their parents/guardians feel confident for them to do so. Clubs/Organisations should offer to speak to parents/guardians of young people about potential issues if needed and make gradual introductions if needed, particularly when needing to incorporate new protective measures.

For more information on safeguarding young people and the suitability of staff and volunteers please visit www.englishockey.co.uk/safe

Venue

Key considerations for clubs when drafting a risk assessment:

1. Arrangements required to maintain social distancing.

If the venue is open to the public, consider how this will be managed in relation to the Club/Organisation activity to maintain social distancing

- signage to direct the flow of people to assist social distancing
- ground markings to remind people of social distancing
- reduce congestion at entrances and exits
- access to and from toilet facilities
- one-way systems in/out
- consider how parking arrangements will be affected

2. Facilities

Where possible, players must arrive changed and shower at home. Use of changing and shower facilities must follow government advice on the use of indoor facilities when available. (<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities#section-6-4>)

If these facilities remain closed, exceptions may be made where safety and safeguarding

measures require their use. E.g. supporting disability athletes, a child needs a change of clothing etc.

Ensure access is still provided to disabled toilets, accessible parking bays and disabled access into facilities

Changes to toilet facilities, their location and accessibility including access to hand washing facilities.

Consider the possibility that individuals may not be able to access a toilet to wash their hands and what alternative access to clean water could be put in place

Toilets will need to be opened for pre-match, match and for 30mins following.

Facility providers should consider the following steps:

- Using signs and posters to build awareness of good handwashing technique, the need to increase handwashing frequency and to avoid touching your face, and to cough or sneeze into a tissue which is binned safely, or into your arm if a tissue is not available.
- Consider the use of social distancing marking in areas where queues normally form, and the adoption of a limited entry approach, with one in, one out (whilst avoiding the creation of additional bottlenecks).
- To enable good hand hygiene consider making hand sanitiser available on entry to toilets where safe and practical and ensure suitable handwashing facilities including running water and liquid soap and suitable options for drying (either paper towels or hand driers) are available.
- Setting clear use and cleaning guidance for toilets, with increased frequency of cleaning in line with usage. Use normal cleaning products, paying attention to frequently hand touched surfaces, and consider use of disposable cloths or paper roll to clean all hard surfaces.
- High ventilation in indoor facilities is paramount to reducing transmission of Covid-19; keep the facilities well ventilated, for example by fixing doors open and opening windows where appropriate.
- Special care should be taken for cleaning of portable toilets and larger toilet blocks.
- Putting up a visible cleaning schedule can keep it up to date and visible.
- Providing more waste facilities and more frequent rubbish collection. Toilets capacity should be managed via entry and exit as per [government guidelines](#)

3. Promote good hygiene and regularly clean facilities

- Facilities and equipment must be kept clean – if the Club has its own venue, ensure regular daily cleaning of the facilities. In particular identify high contact touch points for which should be cleaned on multiple times across the day more regular cleaning (e.g. door handles, grab rails and vending machines). Follow Public Health England guidance for cleaning in non-health care settings and if a Covid-19 case is reported at the facility. <https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>.
- direct people where they can wash their hands
- provide signage to remind people of the importance of washing their hands thoroughly

- players should be informed that spitting should be avoided, as the main mode of transmission of the virus is in respiratory secretions. In addition, Clubs should consider enforcing a complete ban on chewing gum, as it is either spat out or rolled into a ball and taken out and thus poses a high risk of cross contamination. Club officials may wish to put a disciplinary measure in place in relation to spitting and chewing gum.
- ensure participants bring their own named hand sanitiser for when soap and water is not available (use alcohol-based hand sanitiser)
- provide paper towels for drying hands and sealed bins for placing paper towels and tissues in. If there is any concern that someone may have had symptoms of, or been infected with Covid-19, ensure these are double bagged in line with Government Guidelines.
- If hiring a facility, ask for details on how the facilities are compliant with the Government's guidelines and ensure Clubs officials are familiar with the procedures that should be followed.

4. Parents attending

Supporters, parents, and other spectators to remain socially distanced whilst attending events. Spectator groups must be restricted to discrete six person gathering limits and spread out, in line with wider government guidance.

Health checks, injuries and illness

Please refer to medical training and check if a current Medical Emergency Action Plan (MEAP) has been written for the event or venue. See also the EH Safety FAQs at http://www.englishockey.co.uk/core/core_picker/download.asp?id=20324

If there is a first aider or other medical personnel present, they should be equipped with the appropriate Personal Protective Equipment (PPE) to protect themselves and others should they need to compromise social distancing guidelines to provide medical assistance. They should have updated themselves on any changes in first aid procedure that will be required as a result of the pandemic. This should be obtained from their training organisation or from Resuscitation Council guidance.

Before travelling to the session

Clubs/Organisations should request that each participant undertakes the following self-screen check list before travelling to a training session or other hockey activity. If they answer 'yes' to any one of them they should not travel to the training session and follow all applicable

Government Guidance (e.g. call NHS 111). It is important to remember some people can pass on the virus before they develop symptoms, or never have symptoms despite being infectious.

Despite everyone's best efforts, these cannot be screened out of training.

TABLE 1 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 37.8°C) <ul style="list-style-type: none">• some clubs may include on site temperature checking of participants as part of their SOP, this is more relevant to clubs who employ medical staff.
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.

Arrival at the venue

Coaches at the Club/Organisation should check that each participant completed the self-screen check list before attending and if so, if the self-screen checks were negative for all participants. Ensuring everyone understands the importance of this simple process being completed before travelling is essential to avoid potential transmission.

If a participant says they forgot to self-check before their arrival, then the coach should ask them the health check questions before they join any group at the facility. If they answer 'yes' to one or more of the questions, participants must not take part in the activity and should be told to safely return home.

During the session

Please refer to first aid guidance for how to manage the situation if anyone appears to be symptomatic during the session.

Injuries

If a player gets injured, a member of their household or support bubble, can aid them if for example they are watching from their car, but others will still need to socially distance unless a life threatening, or serious injury necessitates compromising guidelines to provide emergency care. In all cases, NHS guidance on further management should be followed.

Insurance

Clubs/Organisations must ensure that the relevant Insurance provisions (public liability and personal accident cover) are in place and that there is suitable cover for training sessions and other hockey activities taking place during the COVID-19 pandemic. See footnote 1.

Even with the insurance cover, Clubs/Organisations must still follow government guidance, to ensure that they do not risk invalidating their insurance cover.

Clubs/Organisations should review their employee / employer / public liability policies and take specialist advice if necessary.

Planning training sessions and other hockey activities

Please refer to the useful information section for Government Guidance on cleaning in non-health care settings.

Key considerations for clubs/organisations:

- Clean equipment between uses.
- Identify who will regularly maintain the equipment hygiene e.g. balls, cones, goalposts and bibs.
- Thoroughly clean the equipment e.g. balls, cones, goalposts etc.
- Bibs should not be used unless they can be washed between sessions
- Limit sharing of equipment where possible.
- Ensure equipment is handled as little as possible by as few people as possible.
- Each participant should bring to training their own water bottles, sun cream and medication each of which should be clearly labelled with their name.
- Have strict hand hygiene.
- If individuals are going to share equipment, including balls, always ensure the individuals' hands are thoroughly cleansed using alcohol-based hand gel, if clean running water and soap are not available, before and after use.

Hockey activity

Clubs must ensure that participants (coaches and umpires as well as players) sign a participation agreement to abide by the expectations set out by this guidance.

Clubs/Organisations or facility providers must support test and trace efforts by collecting attendance information at both training and matches. This should be stored for a minimum of 21 days in-line with the Government Recreational Team Sport Framework and accessed in line with GDPR guidelines and used only for the purpose of test and trace.

Please follow current UK Government guidance: <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works><https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

Clubs/Organisations should carefully plan hockey activity to ensure that it is structured to ensure that the Government guidelines are maintained.

Consider whether pitch markings or cones can be put in place to ensure that social distancing is maintained outside of competitive play.

Competitive contact training can take place for all participants, in an outdoor setting provided this takes place in groups of no more than 30 (including coaches).

Clubs/Organisations should determine the appropriate ratio of coaches to participants, following the relevant EH safeguarding policy. Sessions might include multiple groups of 30 but only if they can be appropriately socially distanced from each other.

In all settings before and after the session, and in any breaks, all participants should practise social distancing where possible.

Any spectators at training sessions (including parents and carers) must be restricted to discrete six person gathering limits and spread out, in line with wider government guidance.

If space allows, increase social distancing between players during heavy exertion.

Useful information relating to Covid

The CDC (Centres for Disease Control and Prevention) provides information on how to wash your hands, both with soap and water and hand gel <https://www.cdc.gov/handwashing/when-how-handwashing.html>

<https://www.gov.uk/government/news/public-information-campaign>

Follow Public Health England guidance for cleaning in non-health care settings and if a Covid-19 case is reported at the facility <https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

Government's guidance on the return of sport <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-providers-of-outdoor-facilitiesEHcilities-on-the-phased-return-of-sport-and-recreation>

NB This risk assessment does not include travel, trips and tournaments for teams or overnight accommodation as these are currently not allowed under Government guidelines.

Appendix Two

Covid Officer Guidelines

You have been selected as the person within your club or organisation to lead the Covid-19 Return to Play. This is not solely your responsibility and will be shared amongst the committee members and members, it is important to have a single point of contact for people to refer to. These guidelines have been put in place to help assist you in carrying out the responsibilities:

Planning

1. Review the relevant Government, England Hockey guidelines on Return to Play and Data Protection legislation.
2. Make sure all participants, coaches, managers, volunteers are aware of how to get in contact with you
3. Develop a plan with coaches and managers to select only participants who have signed a Participant agreement for training and match play. No one should participate in any hockey activity without signing the Participant Agreement in advance.
4. Develop a plan to capture Attendance information – names, locations, dates, times and responsible person in charge for each session and match. Plan to store this securely and make sure the attendance data is destroyed after 21 days*.
5. Ensure England Hockey has your correct contact details, should they change for any reason. Sign into the Club Portal and change your details [here](#).

** If the club uses the attendance registers for other purposes other than Covid reporting e.g. selection criteria, then this may be kept for longer provided the legitimate interest register has been completed. The ISO has more information on this.*

Communication and Messaging

- Ensure participants and parents know who to contact if they experience Covid-19 symptoms.
- Educate participants, coaches, match officials, volunteers about when they should stay at home if they become sick with Covid-19 symptoms, test positive for Covid-19, or have been exposed to someone with symptoms, or a confirmed or expected case, and when they can return to hockey.
- Ensure that participants know that they need to complete the self-screen check list before attending hockey activity.
- Ensure that before any training or match, there is a short briefing reminding participants of their responsibilities aligned to the England Hockey guidance.
- Continue to provide or update messages about the [Code of Ethics & Behaviours](#) expected from all players, coaches and volunteers within the club.
- Encourage participants to talk with people they trust about their concerns and how they are feeling.

Reporting

- Participants who want to take part in hockey activities must sign a Participant Agreement available through the England Hockey website [here](#).
- England Hockey will share details with you as to who has signed the Participant Agreement from your club or organisation. This will make them eligible for selection.
- It may take up to 24 hours from the participant registering to filter through to your list. This means participants must register at least 24 hours in advance of attending sessions.
- You will need Attendees lists after every hockey session capturing all participants (name), location, date, match/ training session times. This needs to be emailed to track.trace@englandhockey.co.uk within 24 hours of the session.
- The Attendance lists need to be destroyed after 21 days*.
- The collection, storage and destruction of personal data needs to be done in line with Data Protection legislation. Further information is available at the [ICO website](#).

Preparations for if someone gets sick

- Make sure participants know that they should not attend hockey activity and that they should notify you, as 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.
- Participants should contact you as soon as they suspect that they have Covid-19 symptoms.
- Ask the participant to contact [NHS Track and Trace](#) if they haven't already.
- Contact other participants to let them know that there is a suspected case of Covid and to monitor their own health. NHS may get in contact with them if they have been in direct contact and need to self-isolate.
- Contact the Covid Officer from the opposition team, if relevant, 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.
- Contact England Hockey to inform them of a suspected or actual case through the [Covid Incident Reporting Form](#).
- You may also be contacted by NHS Track and Trace to provide Attendance information and contact details of those that is needed.
- Follow up with the participant(s) after the self-isolation period has been completed and check that they are ready to return to hockey activities. Inform coaches and managers when the participant is ready for selection.