



RETURN TO PLAY - EH PHASE 4

Training and Matches - intra-club and local matches only. No league / main competitions.

SHC Covid Officer: Liselle Carey junioradmin@surbitonhc.com

- Sign the [EH Participation Agreement](#) before attending training, matches or taking part in any hockey activity *from 10 August 2020*. [Read EH Stage Guidance](#) before signing.
- **Self assess for Covid-19 symptoms** before attending the club or taking part in any activity at the club or remote pitch facilities. Evidence of this must be recorded at every facility - scan the unique QR code at the facility **every time** you attend the club.
- **Register your attendance every time you attend the club or remote facilities** - scan the unique QR code at the facility.
- **Report any Covid-19 symptoms** (for yourself and other household members) that occur 2 days before and 7 days after attendance, to the Covid Officer and/or coach.
- **Coaches must keep a record of attendance for each session.**
- **Hygiene**
 - wash hands, use hand sanitizer before and after sessions
 - disinfect your own equipment before and after sessions.
 - Coaches must disinfect balls, cones, goal posts etc after every session.
- **No sharing equipment**
 - Use your own stick, bibs, face masks (for Penalty Corners), goalie equipment.
 - Only touch balls with your stick
- **Training and competition - max 30 individuals per discrete group** including coaches; coaches can move between groups; multiple groups can run according to capacity of pitch but ensure no cross-overs.
 - Avoid planning drills that require repetitive close contact.
- **Off pitch - maintain discrete groups of 6.**
 - Applicable to spectators, players and any other facility users.
- **Before and after play - maintain social distance at all times**
 - Arrive in kit, ready to warm up.
 - Reduce meet times; avoid holding team briefings indoors where possible.
 - Avoid using changing rooms and showers where possible - use needs to comply with PHE advice for use of gyms and other indoor sports facilities.
- **During play - keep contact time to a minimum**
 - No high fives; congratulatory hugs etc
 - Social distance in dug outs and sidelines.
 - No shouting or spitting