



### **COVID 19 : Members Guidance for 1:1 Coaching sessions during phased return to activity**

The information below outlines the steps we are taking to keep our members and coaches safe while following the latest [Government](#) and [Sport England guidance](#) on public spaces, outdoor activity and exercise. These guidelines have been developed following the [Guidance for the public on the phased return of outdoor sport and recreation in England](#).

Additionally, we have undertaken a full Covid-19 risk assessment that will run in line with our other policies.

Please read the following guidelines carefully, and when you visit the Club, co-operate with us to ensure the rules of social distancing are adhered to at all times.

#### **Who can access 1-2-1 coaching sessions?**

- Only available to Club members.
- All Colts from U9/10 upwards and adults can participate. Unfortunately, we will not be able to offer sessions to our U7/8s due to the challenges of social distancing for very young children.
- Only **one to one** coaching activity, no group sessions, is permitted.

#### **Club access and general guidelines**

- Please follow the Government guidelines on travel when making journeys to and from the club.
- Avoid congregating at the club entrance, pitch side or in the grass area in front of the Club House and maintain your 2 metre distance at all times.
- Only travel to the club if you have a confirmed session booked and arrive at the time of your booking, not before.

- We will operate a 15 minute gap between sessions to avoid too many people gathering during session cross-overs.
- Junior members (16 and under) should be escorted by one parent / guardian to and from the pitch and should be supervised at all times - one parent / guardian may remain at the side of their child's pitch and should follow the 2 metre social distancing rules.
- Dogs will not be allowed on site during this period.
- Only players and coaches will be allowed on the pitch and there should be no spectators gathering outside the pitch (except **one** supervising parent / guardian).

### **Health, Safety and Hygiene**

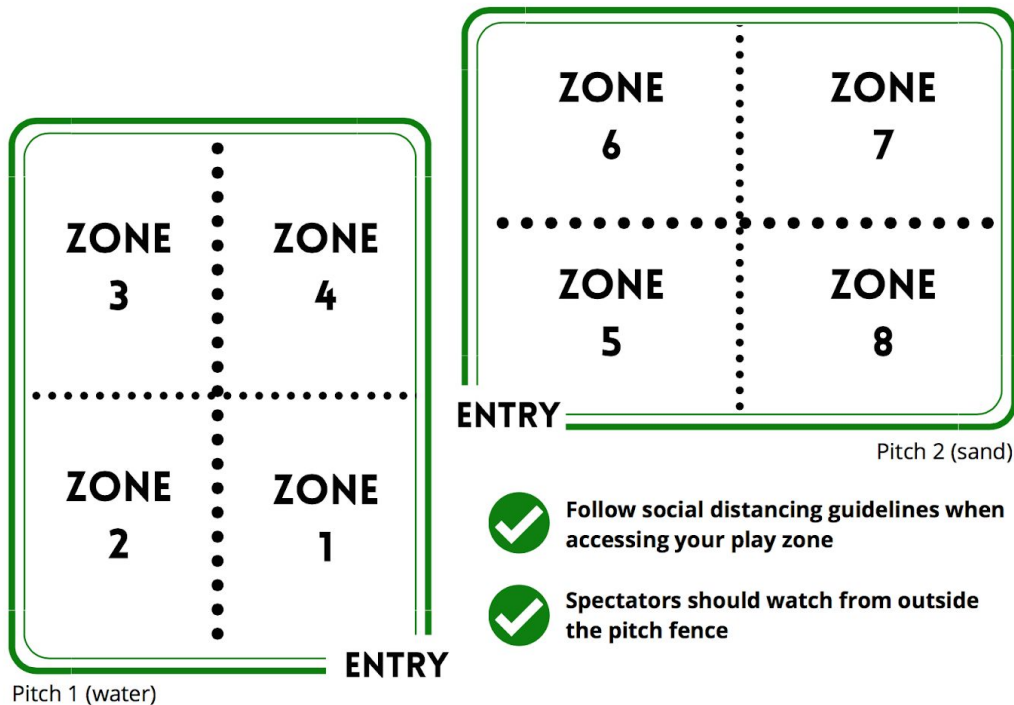
- Follow guidelines on hand hygiene carefully. Hand sanitising gel will be available in the BBQ area but we strongly encourage you to bring your own.
- Entry to the Club House will be prohibited; there will be no toilet or changing facilities available.
- Bring your own water bottle, we will not be able to refill water bottles and the water fountain will be out of use.
- Equipment must not be shared between players and coaches; nor will equipment be lent by the Club (with the exception of balls/cones; please see below).
- Please bring the minimum amount of equipment/kit with you and arrive ready to play and take all your belongings away at the end of your session.
- Use of the stands and any other outdoor seating is prohibited however, you may wish to bring your own fold-up chair (in the case of a parent/guardian supervising a child).
- Any clothing or equipment left on the premises will be removed safely and put into the rubbish bins.
- Please do not come to the Club if you have a raised temperature, are experiencing any Covid-19 symptoms, are self-isolating or living with individuals that are self-isolating.
- If you exhibit any signs or symptoms in the days following your session, please ensure you inform us in case we need to do any contact tracing.

### **During coaching sessions**

- Each pitch will be divided into thirds or quarters and will be marked with nets or tape. Players should not cross into adjacent pitch zones.
- A two metre wide designated walkway will be marked out to the side of the pitch in the run-off zone and players should access their section of the pitch using this zone.
- A two metre distance between coach and player should be maintained at all times.
- Hockey balls will be provided by the Club and will only be handled by the coach.
- Balls will be regularly disinfected between sessions.
- Players should only touch the balls with their sticks.
- Please refrain from touching any other equipment (such as cones). Only coaches should handle these and will ensure that these are disinfected regularly.
- Gates to the pitches must remain open at all times. Please avoid touching gates and adjacent pitch side fences.

- Use of the dugouts is prohibited. Please do not leave your equipment on the pitch side benches.

If this guidance is not adhered to, the coaches have the authority to ask you to leave the premises for the safety of others and themselves.



## Booking and payments

- **Cost (1 hour)**
  - **£45 - 1 session; £85 - 2 sessions; £120 - 3 sessions**
- Bookings must be made using the ['Booking 1:1 Coaching' form](#).
- Cash will not be accepted.
- Cancellation policy - 24hrs notice for change or cancellation is needed or you will be charged for the first session and any future sessions will be automatically cancelled.

## Future steps

We are very pleased to be able to get some activity happening back at the club, but our priority is the safety of our members and coaches. Please work with us to ensure that the guidelines are being followed so that we can all be safe. We will be reviewing the club usage daily and will make necessary changes if we feel the guidance isn't being followed.

Additionally, we will continue to follow Government guidance and will be prepared to curtail or expand our activities at short notice should there be any changes to the Covid-19 situation.

Surbiton Hockey Club Board

27 May 2020