



Return to Play - Player Advice

Players (parents of players) must take personal responsibility and decide whether they are happy to return to hockey.

A Health Questionnaire (via APP) must be completed for all players within 2 hours of first training session.

Players with any symptoms of COVID-19 must stay away from the pitch.

A basic health check should be carried out by all players prior to attending every subsequent training session/match. If there are any changes to your health status you cannot attend the session.

Players travelling by car to and from the pitch should travel alone or with members of their own household only. Sharing transport is not advised. Players are encouraged to cycle or walk if possible.

Players must arrive to pitch ready to play (there will be no changing facilities open).

Players must adhere to signs displayed at the pitch, the signs are to remind everyone about the COVID-19 protocols (e.g. 2 meters distancing, sanitizing station).

Please bring your own hand sanitizer to each session. There will be a hand sanitizing station at the pitch. On arrival at pitch and when leaving the pitch please sanitize your hands.

Players must bring only essential items to training.

Players must not throw shin pads at pitch side. Do not remove shin pads until you have left the pitch.

Personal items should be kept separate from others.

Players should touch only their own belongings.

Players should bring their own water bottle cleared labelled. Sharing of bottles is not permitted.

Maintain social distancing of 2 metres between players where possible. Contact can be permitted during play but social distancing outside the field of play is essential.

Please ensure you follow the correct cough/sneeze etiquette (into the elbow). Players should not spit or clear their nose openly at any time.

Players should not remove their mouthguards during training, if it is necessary to remove your mouth guard you must sanitize your hands after putting the mouthguard back in your mouth.

Unnecessary physical contact is discouraged such as hugs or greetings.

Should a player be brought to the pitch by a person who will remain at the facility for the duration of the session (e.g. a parent waiting for their child), that person should remain in their car or in a safe space (if not in car) while observing social distancing.

Dug outs will not be used during training.

Players should not touch any coaching equipment with their hands (hockey balls, cones, throw down lines etc.).

Goalkeepers should only train if they have their own designated (not shared) goalkeeping equipment and equipment should be disinfected after each session.

Masks for short corners should not be shared. Players involved in short corners will have their own mask or be allocated a mask by the club for the duration of the game which must not be shared. Masks must be clearly labelled and disinfected after each session.

After the session players must leave the facility immediately and not socialize with others around the pitch.

There will be a COVID Supervisor in attendance at all sessions (clearly identifiable in a Hi-Vis). The COVID supervisor will monitor social distancing and intervene when required. Please comply with any advice/instruction given by them.

Players (parents) are encouraged to communicate any health and safety concerns they have during the session to COVID Supervisor in attendance.

If a player is returning to hockey after recovering from a diagnosis of COVID-19 it is advised that they take a gradual approach to return to exercise. They must not return to the club until they are at least ≥ 10 days from onset of symptoms plus 7 days from symptom resolution. If the illness was severe they are advised to consult with their GP/Physician prior to returning to the club. In the instance where COVID-19 was suspected, but not confirmed, this approach should also apply.