



## Hockey - the important facts about returning to play or train which apply to all of us

### Before you travel

- Complete the Player Participation Agreement
- Check you have no covid symptoms or been in contact with anyone with suspected or confirmed symptoms within the past 2 weeks. If so do **NOT** travel and advise your captain
- Leave home changed and ready to play

### Travel

- Bring your own hand sanitiser
- Bring your own water bottle
- Travel safely and if at all possible on your own
- Arrive close to your scheduled start time

### When you've arrived

- Follow any one way signs which have been set up
- Wait away from the pitch to allow others to exit and clear the gates
- Declare to your captain that you are free of covid symptoms and have not been in contact with anyone with confirmed or suspected covid symptoms in the last 2 weeks
- If you have to open any gates use hand sanitiser before and after doing so
- First aid kit should be touched by who ever looks after the kit only

### Play

- Spectators must remain outside of the caged playing area and socially distanced from each other at all times
- Clean your hands using your own hand sanitiser before starting the game and at half time
- Respect your opposition and umpires
- Take penalty corners and free hits around the D promptly
- Touch the ball with your stick or GK equipment and not your hands
- Any shared equipment must be disinfected before use
- If you help anyone with their kit sanitise your hands before and after. Remove kit and adjust before returning it
- Socially distance when play stops
- Avoid shouting excessively and no spitting
- No handshakes or close contact with other players

### Post the game

- Sanitise your hands when you have left the playing area
- Disinfect equipment or leave untouched for 72 hours
- Your name will be provided to England Hockey Track & Trace team and the details deleted after 21 days
- If you develop covid symptoms after playing **immediately contact** the covid officer Helen Perrin 07904 833035