

# Advice for Participants

This summary is aimed at helping individuals understand their responsibilities as a participant when getting back on a hockey pitch safely. This is an extract of the full England Hockey Getting Back on the Pitch – Step 4 Guidance, which is available [here](#). We recommend reading the full guidance if you have wider responsibilities or would like to gain a greater understanding of the requirements and measures in place.

## Participants summary guidance

Participants should be made aware of who the Covid Officer is by their club or organisation.

## Preparing to play

- Participation Agreement – Anyone wanting to be involved in hockey must sign an England Hockey Participation Agreement before they play (this only needs to be done once), where they agree to the terms and conditions and Code of Ethics and Behaviours. They can sign up [here](#).
- Self-Assessment Check – This check should be done before each hockey session and participants 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.
- Payments – use an electronic booking process or pay online to the venue. Contactless payments should be made wherever possible for match fees and other purchases.
- Hygiene – in line with government advice wash hands before and after activity and regularly use hand sanitiser.
- The maximum group size involved in one group of close contact is 30, including coaches. More than one group can use a pitch as long as social distancing is maintained between different groups.
- Equipment – use your own equipment – sticks, gumshields, facemasks (if required), goalkeeping equipment (if appropriate) and ensure water bottles are full on arrival. If you have to provide your own ball(s) ensure they are marked with your initials.
- If you have to use shared equipment, disinfect before use and disinfect or leave for at least 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 & arrival

- 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 the time 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, following social distancing rules, outside of play.
- Where possible, unless absolutely necessary, avoid touching gates/fences/goals.

## Playing hockey

- Outside of playing
  - Follow the latest government travel advice.
  - 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.
- Do not share drinks/refreshments during breaks in play.
- Avoid regular removal of your gum shield.

## After play

- Equipment and facilities used should be disinfected between sessions. We would recommend only the facility operators move goals.
- Good hygiene practice should continue to be followed with equipment disinfected or left for 72 hours.

## Important notes

- Parents/guardians should ideally be limited to one non-participant with strict social distancing between spectators.
  - If you are a junior 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/organisation Covid Officer know immediately.