

BICESTER HOCKEY CLUB – COVID GUIDELINES FOR PARTICIPANTS

PRIOR TO ARRIVAL

Players, coaches, officials, volunteers are required to sign up to the Participation Agreement, which clearly outlines the risks and the requirements to support the Track and Trace system, in place by England Hockey.

All players, officials, volunteers and spectators must undergo a self-assessment for any Covid-19 symptoms. No-one should leave home to participate in any form of hockey if they, or someone they live with, has any of the following:

- A high temperature (above 37.8° C)
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste
- Shortness of breath
- A sore throat
- Feeling generally unwell
- Been in close contact with / living with a suspected or confirmed case of COVID-19 in the previous 2 weeks.

TRAVEL

If possible, you should travel on your own, or in your bubble/household group. Avoid using public transport unless necessary.

If you need to share a vehicle with someone outside your bubble or household group, please try to:

- Share transport with the same people each time, keeping groups as small as possible
- Keep windows open for ventilation
- Seat occupants away from each other where possible, i.e. spread out across front/rear and different sides where possible
- Clean touchpoints in/on the car between journeys, paying special attention to handles, buttons etc.
- Driver and passengers should wear a face covering
- Hands should be washed and sanitised upon arrival at your destination

ARRIVAL AT THE VENUE

- Arrive changed and ready to play.
- We ask you arrive as close as possible to your match time.
- Allow others to leave before you enter the pitch.
- Signage will guide you to the HOME or AWAY team entrance gate on arrival.
- Where possible avoid touching gates/fences/goals unless necessary.
- Please use the hand sanitiser available before entering the pitch.
- In all settings before and after the match, during team talks, in any breaks, all participants should practice social distancing.

Bicester Hockey club Guidelines for participants – September 2020 V1

Bicester Hockey are adhering to guidelines provided by England Hockey - <http://www.englishockey.co.uk/covid19>

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 shared equipment before use (e.g. facemasks)
- Socially distance from others when play stops
- Avoid shouting excessively
- There should be absolutely no spitting
- No handshakes with other players or close contact during goal celebrations
- Substitutes and coaches are permitted, but must socially distance from others on the touchline or in the dugout
- Water bottles should not be shared. Please bring your own named bottle.

Players should be aware that spitting and blowing your nose without a tissue/handkerchief is now a green card offence and can be raised to red for repeated offenders.

AFTER PLAY

- Leave in a prompt manner out of your designated gate and do not congregate to chat in any area
- All common areas will be cleaned between sessions

HYGIENE- in line with government advice wash hands before and after play, use hand sanitiser regularly.

SPECTATORS - spectators are allowed at the venue but must be restricted to groups containing a maximum of 6 people spread out in line with Government Guidance.

FACILITY USAGE -

- The changing rooms and showers remain closed at the venue.
- Toilets will be open with signage, for a one in one out system.

FIRST AID - will be provided by a designated person from each team. Each first aid bag should have PPE equipment if required.

If you show symptoms of Covid-19 you should phone NHS Track and Trace and let your club know through the club's designated Covid Officer.