

# Ben Rhydding Hockey Club - Returning to Senior League

Plan for return to hockey in line with "Step 5" of England Hockey Guidelines



# What is Step 5?

- Step 5 is Full Competitive Match Play meaning full leagues and competitions may resume.
- Adult League Hockey starts on 26<sup>th</sup> September or 3<sup>rd</sup> October
- This season will see a 'new normal' but if we adhere to EH Guidelines and our club specific guidelines, we can keep each other safe
- These guidelines are in addition to our Step 4 Guidelines

**KEEP EACH OTHER SAFE  
so that,  
YOU CAN KEEP PLAYING HOCKEY**

# Players' Responsibilities

**HOCKEY'S BACK!**

**MATCH DAY & TRAINING GUIDANCE**

## ON THE PITCH

FOLLOW HOCKEY'S RETURN TO PLAY GUIDELINES



SOCIAL DISTANCING RULES CAN ONLY BE BROKEN WHEN THE BALL IS 'IN PLAY' (MEANING YOU MUST BE 2M APART DURING WARM UPS/COOL DOWNS & BREAKS IN PLAY)



NO TEAM HUDDLES, TEAM GOAL CELEBRATIONS OR CONGREGATING IN DUGOUTS



THERE ARE NO 'HOCKEY BUBBLES' BUBBLES ARE WHERE SOCIAL DISTANCING ISN'T ABLE TO BE MAINTAINED IN PLACES SUCH AS SCHOOLS OR HOUSEHOLDS

30



TRAIN IN DISCRETE GROUPS OF UP TO 30, BUT PLAY WITH NORMAL SQUAD SIZES

## OFF THE PITCH

FOLLOW GOVERNMENT GUIDANCE



IF YOU NEED TO TRAVEL TOGETHER:

- KEEP TO THE SAME SMALL GROUPS
- OPEN WINDOWS FOR VENTILATION
- WEAR A MASK



IF SOCIALISING AFTER ACTIVITY ADHERE TO THE GOVERNMENT'S SOCIAL DISTANCING GUIDANCE



ANY SPECTATORS TO REMAIN SOCIALLY DISTANCED WHILST ATTENDING TRAINING AND GAMES



IT'S YOUR RESPONSIBILITY TO UNDERSTAND & ADHERE TO THE RETURN TO PLAY GUIDANCE TO KEEP YOURSELF, TEAMMATES & OTHERS SAFE

It is your responsibility to understand and adhere to the Return to Play Guidance to keep yourself, teammates and others safe

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ENGLAND HOCKEY

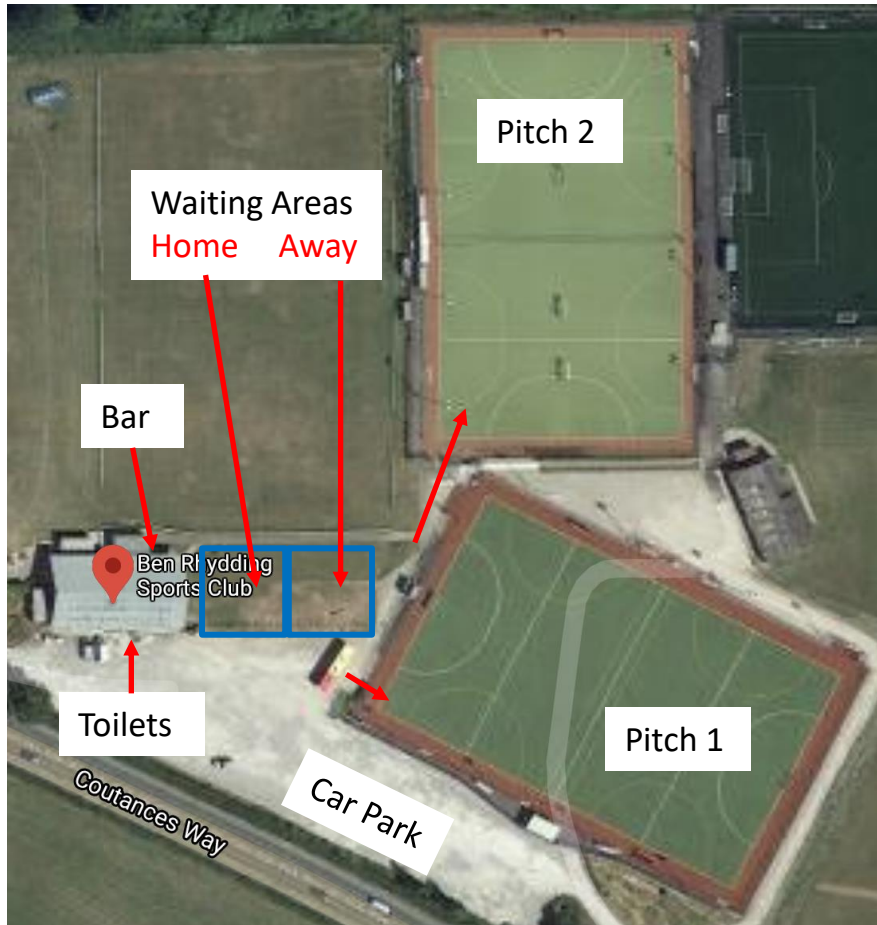
PLEASE NOTE THAT GUIDANCE MAY CHANGE AT SHORT NOTICE AND RESTRICTIONS MAY BE REINTRODUCED. TO STAY UP TO DATE WITH ENGLAND HOCKEY RETURN TO PLAY GUIDELINES VISIT [WWW.ENGLANDHOCKEY.CO.UK/COVID19](http://WWW.ENGLANDHOCKEY.CO.UK/COVID19)

TO STAY UP TO DATE WITH GOVERNMENT SOCIAL DISTANCING GUIDELINES VISIT [WWW.GOV.UK/CORONAVIRUS](http://WWW.GOV.UK/CORONAVIRUS)

# Before you play

- Sign the England Hockey Player Participation Agreement. You only need to complete this form once, but it must be completed for every player
- Captains/ coaches are to assign all players in advance to distinct groups of no more than six so as to comply with 'Rule of Six' before and after play
- Bring your own hockey equipment including sanitiser, small first aid kit and water bottle, all labelled
- Complete your self assessment check and proactively confirm to your captain/ coach you're ok to play
- Check in with captain/ coach as they are required to complete and submit an Attendance Register for your match
- If you don't know, ask your captain which **'Rule of six'** group you are in

# Home Venue : Ben Rhydding Hockey Club



Postcode: LS29 8AW

BRHC Covid Officer : Zoe Poland 07399 352412

- Players should arrive ready in kit and bring the equipment they need, hand sanitiser and a labelled water bottle
  - There will be no changing rooms but there will be toilets. Please sign in at the entrance and use the one in-one out system
  - Waiting areas will be provided for home and away teams – please social distance in groups of no more than 6
  - Only move to pitch upon the home captain's say-so. There is one entrance to each pitch - please ensure players use hand sanitiser available
  - Dug outs are available but remember to social distance on sideline and in & around dug outs
  - Coaches, managers and subs to social distance at all times
  - Please hand sanitise at half time using your own sanitiser
  - There are **no spectators allowed at Ben Rhydding Hockey Club**
  - Please leave the pitch quickly so the next game can enter
  - Home captain (or delegate) to disinfect dug outs, handrails and goals
  - I'm afraid we are unable to provide teas, but the bar will be open. Please use the one-way system in place and pay contactlessly
  - Remember to social distance in distinct groups (advised by your coach or captain) no greater than six
- Further details of Ben Rhydding Protocols are on our website [www.brhc.co.uk](http://www.brhc.co.uk)

# Away Matches

- For away matches, Captains are to contact away team in advance to understand their rules and communicate to team
- Depending on the venue rules, you may be asked to complete a self-assessment form. Please respect and adhere to the rules the away venue put in place
- The majority of venues will not have changing facilities. Please arrive ready to play and to travel home in your playing kit!
- Follow one-way systems/facility rules where they are in place or allow others to leave before you enter
- Follow the **'Rule of Six'**, outside of play at all times
- Where possible, unless absolutely necessary, avoid touching gates/fences/goals. If you do, sanitise your hands after
- It is unlikely post match team teas will be available at many clubs. If post match teas are available, please follow the social distancing and facility rules

# Travel to Matches

If at all possible, you should travel on your own or with household

Avoid public transport – this is not an essential journey!

Arrive as close as possible to the time you need to be there

If you need to share cars:

- Share the transport with the same people each time
- Sharing cars is considered close contact, so if one of you tests positive / is suspected of having Covid 19, everyone who shared the car will need to self isolate (and stop playing hockey!!)
- Captains/ coaches must keep a record of who has travelled together
- Open windows for ventilation
- Consider seating arrangements to maximise distance between people in the vehicle and avoid facing each other
- Clean your car between journeys using standard cleaning products
- Wear a face covering

# What happens if someone at my match/training/car share tests positive for Covid?

- Members of the team and the opposition will only need to self-isolate if they have been contacted by NHS Track and Trace directly or they have come into close contact with someone with symptoms. Close contact is defined by the Government as coming within 2 metres of someone for 15 minutes or more.
- Contact during games on the pitch may be fleeting and won't require team members to self-isolate. **This does however make it important that when leaving the pitch and during team talks, that social distancing is observed.**
- If there were members present at the same session as the person with symptoms, they will be told by the Covid 19 officer that someone has reported symptoms. Players won't need to self-isolate but should remain vigilant for symptoms and maintain good hygiene standards of washing hands etc.
- Some members may choose to self-isolate even if they don't have to as there may be other health factors or family members who are more susceptible.
- If you have had to self isolate, we will be in touch when the isolation period reaches an end to welcome you back to hockey and make sure everything is ok

**IF YOU TEST POSITIVE OR ARE SUSPECTED OF HAVING COVID 19, PLEASE CONTACT OUR COVID 19 OFFICER IMMEDIATELY – Zoe Poland 07399 352412**



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