



ENGLAND HOCKEY

Getting Back on the Pitch - Step 4 & 5

Final Version 3.0 – March 2021

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Introduction

This updated guidance is provided in line with the government 'Spring 2021: Roadmap out of lockdown'. The roadmap is set out in the information beneath aligned to dates that are still subject to sufficient overall progress in managing Covid-19 being made over coming months.

The good news is that hockey can Return from 29 March straight to the 'Play' phase of our original Covid-19 roadmap. This allows local hockey to take place including activities like summer leagues or local matches.

As of the 29 March 2021 the government safer travel advice does not allow for car sharing to take place. On that basis most winter leagues & competitions are likely to now be curtailed for the 2020-21 season.

As the roadmap progresses restrictions will lift and the extent of activity clubs can offer will extend. These are mostly related to issues outside of play such as hospitality and changing rooms.

This guidance has been simplified where possible and should be used by Covid Officers and key role holders at clubs alongside the wider supporting guides for specific roles in hockey as well as the supporting infographics and FAQs. The England Hockey [Covid Support](#) page of our website will be regularly updated.

England Hockey Return to Play Steps

The below table shows England Hockey's Roadmap. A high-level summary of the phased return of hockey. This guidance covers the requirements for clubs at Step 4.

Phase	Step
Train	1. Training - One to one / household group
	2. Socially Distanced Training - Small groups but with social distancing in place
	3. Small Group Training – Small group training allowed with some closer contact permitted. Allowing for tackling/marketing etc. (some age groups may be allowed to start this stage earlier)
Play	4. Local Match Play – Intra club / local matches can happen but travel restrictions stop leagues / main competitions resuming in full
	5. Full Competitive Match Play – Full leagues / competitions resume

To allow hockey to resume England Hockey has worked with the other major team sports to demonstrate the limited risks of resuming competitive outdoor team sport. This framework looks at the relative risks of transmission via airborne droplets and through fomite transmission (touching surfaces). From this, also using a mixture of player GPS data and video data to assess the amount of close contact between players it has been possible to prove that the risk of transmission during competitive hockey is low.

This is good news in terms of being able to play hockey, but adaptations need to be made around the game to ensure risks can be kept low. The following guidance and accompanying information will ensure hockey can resume in a way that is as safe for participants as possible.



The updated government advice means it is now possible to undertake the following activity. England Hockey expects that all involved in any activity follow the guidance beneath.

- Outdoor hockey can resume from 29 March:
 - Training can start once organisers can ensure all guidance is in place.
 - England Hockey recommends a maximum of 30 people in any one group, but more than one group can use a pitch as long as social distancing can be maintained outside of training and between the groups.
 - Matches (both 11-a-side and small sided) can resume once organisers can ensure all guidance is in place. Multiple matches can take place at the same venue as long as social distancing can be maintained between groups outside of matches.
- Indoor hockey's resumption will be staggered over the course of the Governments Roadmap. Indoor activities are seen as higher risk and as such the timeline is dependent on meeting a number of tests. Indoor hockey can return as follows:
 - Indoor hockey for disabled people (Flyerz) can return from 29 March
 - Junior (Under 18s) indoor hockey can return from Step 2 of the Government Roadmap (12 April at the earliest).
 - Adult indoor hockey can return from Step 3 of the Governments Roadmap (17 May at the earliest).

Government Spring 2021 Roadmap

Below is a summary of the Governments Spring 2021 Roadmap and how we expect these steps to be reflected in the easing of further restrictions.

- **Government Step 1b (no earlier than 29 March)** - Rule of 6 or two households outdoors / Outdoor sport & leisure facilities / Organised outdoor sport
- **Government Step 2 (no earlier than 12 April)** - Indoor leisure for individuals and household groups / Childrens indoor activities / All retail / Outdoor hospitality
- **Government Step 3 (no earlier than 17 May)** - 30 person limit outdoors / Rule of 6 or two household indoors / Domestic overnight stays / Organised indoor adult sport / Indoor hospitality
- **Government Step 4 (no earlier than 21 June)** - No legal limits on social contact

How the government roadmap might impact hockey's future guidance

The below table outlines a guide as to how the government roadmap might impact hockey over the coming months. This is indicative of when we expect guidance may be updated to support further changes, but the dates are not confirmed at this stage. As and when further changes to guidance are required, England Hockey will update this section of the document and reissue our guidance.

	Gov Step 1b (from 29 March)	Gov Step 2 (no earlier than 12 April)	Gov Step 3 (no earlier than 17 May)	Gov Step 4 (no earlier than 21 June)
Indoor hockey	Flyerz permitted	Junior (U18) permitted	Adult permitted	
Changing rooms	Should not be used with the exception of use by disabled participants, for safeguarding purposes or for serious injury requiring emergency treatment	Changing room use to be reviewed		
Spectators	Are not permitted with the exception of safeguarding purposes (one parent, guardian or carer per child (under 18) or disabled participant)	Spectator permissions to be reviewed		
Hospitality	May provide takeaway services only	Permitted outdoors	Permitted indoors	
Travel	Travel for sport is permitted. Awaiting government travel advice on car sharing			
Clubhouse	Should remain closed to the public, but toilets permitted to be open from 30 minutes before activity, until 30 minutes after activity	Clubhouse use to be reviewed		

England Hockey will continue to follow government and Public Health England advice. Timings of any changes to the circumstances for hockey will always be led by government advice during the Covid-19 restrictions. We do not anticipate any local lockdowns or Local Restriction Tiers but will follow government advice on this subject and will update our guidance according to any specific implications that may be introduced.

Whilst these are now significant steps forward in terms of returning to play, we would encourage everyone to firstly consider the health of themselves and others.

If you have any questions or feedback, please email clubs@englandhockey.co.uk

Summary Guidance for Outdoor Hockey at Step 4 & 5

The following is a summary of the full guidance which is available later in this document:

At home

- Sign a [Participation Agreement](#)
- Bring hand sanitiser
- Change into your playing kit
- Self-assess for Covid symptoms - if you have symptoms follow NHS & PHE guidance for [treating symptoms](#). Stay away from hockey until you have observed appropriate isolation

Outside of play

- Follow the [government travel advice](#)
- Check in with your organiser for Test and Trace purposes
- Follow social distancing guidelines and stick to maximum legal gathering limits
- 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
- No team huddles for team talks or around penalty corners
- Avoid running training exercises that involve overly repetitive close contact between players

After play

- Clean your kit or leave for 72 hours
- If you display any symptoms of Covid-19 after playing hockey, follow NHS and PHE guidance for [treating symptoms](#) and contact your hockey provider's Covid-19 Officer.

Government Guidance

The following recommendations for Hockey in England have been built from the government advice as follows:

Hockey:

- [Grassroots sports guidance for the public and sport providers](#)
- [Grassroots sports guidance for safe provision including team sport, contact combat sport and organised sport events](#)

Travel:

- [Safer travel guidance for passengers](#)

Indoor settings:

- [Guidance for people who work in grassroots sport and sport facilities](#)

Hospitality settings:

- [Guidance for people who work in or run restaurants, pubs, bars, cafes or takeaways](#)

Detailed Guidance for Outdoor Hockey at Step 4 & 5

These are not exhaustive and should be read in conjunction with the government guidance above if more detail is required.

PRIOR TO ACTIVITY	
Club preparation	<p>Each club or organisation must only return to hockey when they are ready and have the appropriate measures in place to be compliant with guidance developed by England Hockey & general government guidance in relation to recreational sport.</p> <p>All clubs or organisations must identify a Covid Officer who will be responsible for developing a Covid-19 plan and risk assessment prior to the restart of any activity. The Covid Officer may wish to consider establishing a Covid-19 group to be responsible for producing and implementing the Covid-19 risk assessment and to oversee the safe return to play. The Club Committee must register and sign up to the Terms and Conditions for Return to Play agreeing to following the respective guidance. They will be able to do that through the Club Portal which only committee members can access. The Covid Officer details will also be captured at this point. A list of all affiliated Clubs' Covid Officers is published on the EH website here.</p> <p>As part of the preparation for return to play, those in charge of the session (for example coaches and volunteers) should be aware of the protocols in place and have written or read any relevant risk assessment. They may also take part in any necessary specific training or briefing, if available.</p> <p>Clubs or organisations must work with participants to consider that they feel safe about returning. England Hockey, along with others NGB's, is aware that a number of factors can affect individuals' risk from Covid-19. Be it underlying health conditions, deprivation, ethnicity, occupation and more. A detailed Public Health England report reviews the disparities in risk and outcomes. Based on this information they should then make a personal decision as to whether the time is right to re-start playing.</p> <p>To ensure hockey's return is inclusive and accessible to all we are supporting the Activity Alliance's 'Reopening Activity: An Inclusive Response' guidance. This identifies considerations that enable disabled people, including those with long-term health conditions, to be included in a welcoming and more accessible activity environment.</p> <p>Clubs or organisations' Covid-19 guidance identifies any required actions that needs to take place in order to be capable of any return to play. For example, they may need to make repairs, order equipment, deep-clean the clubhouse, or hire an outside contractor to get the pitch ready.</p> <p>Clubs should also check any insurance they have in relation to any hockey activities (e.g. personal accident) to ensure it remains in place during the pandemic and if so, to ensure full compliance with its terms. For those that use England Hockey insurance through Howden's more detail is here.</p> <p>The Covid Officer at each club or organisation will be responsible for clearly communicating all relevant guidance to its players, coaches and volunteers.</p> <p>England Hockey is clear, if any club or community hockey provider is in doubt, or not confident about restarting community hockey, then they should not.</p>

<p>Test and Trace</p>	<p>England Hockey has set a process for Hockey deliverers (clubs, organisations, camp providers but excluding educational establishments) to register that they are engaged in hockey activity and agree to abide by the guidance issued. Hockey deliverers are being asked to:</p> <ul style="list-style-type: none"> • appoint a Covid Officer • collate information to allow for Test and Trace in line with GDPR principles • conduct risks assessments • implement best practice • educate participants about the requirements of limiting the spread of Covid-19 and the standard of behaviours expected within the sport <p>Players, coaches, officials, volunteers will be required to sign up to a Participation Agreement which clearly outlines the risks and the requirements to support the Test and Trace system. (Participation Agreements only need to be signed once and are still valid if you signed one when returning previously. A new agreement should be submitted if you have joined or go on to join a new club or organisation). The Participation Agreement also outlines the Code of Ethics and Behaviours expected in the sport and gives match officials the authority to ensure that measures are being adhered to.</p> <p>In the event that the actions of an individual within the jurisdiction of England Hockey are such as to put others at risk of Covid-19, participation sanctions and/or a Disrepute Complaint referral may be made to England Hockey.</p> <p>The Covid Officer will be responsible for collating the attendance records for all hockey training and matches. This information should be stored in-line with the Government Recreational Team Sport Framework and collected / processed in accordance with the Data Protection Act 2018 and in line with GDPR principles.</p> <p>This information will be shared with England Hockey to allow for the monitoring of adherence of the guidelines and intervention, if required. Attendance Register templates are available and once completed should be sent to track.trace@englandhockey.co.uk</p> <p>The Covid Officer is central to supporting the Test and Trace program and will be contacted in one of four ways:</p> <ul style="list-style-type: none"> • Contacted by a participant of their own club or organisation if they have suspected or confirmed Covid-19 symptoms or come into contact with someone with symptoms • Contacted by NHS Test and Trace that a person with suspected or confirmed Covid-19 symptoms attended a specific hockey activity • Contacted by another Covid Officer from another club, or organisation, who recently played against their club, or organisation, who has someone with suspected or confirmed Covid-19 symptoms • Contacted by England Hockey should NHS Test and Trace or another Covid Officer be struggling to make contact <p>Once contacted, the Covid Officer will:</p> <ul style="list-style-type: none"> • Encourage the participant reporting symptoms to stay away from Hockey activity until the required self-isolation period has finished • Ask them to contact NHS Test and Trace, if they haven't already • Inform other participants who may have come into contact with the person with suspected or confirmed symptoms
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	<ul style="list-style-type: none"> • Contact the other club, or organisation, Covid Officer if a match was held with someone with suspected or confirmed symptoms. This is relevant if the match was within the 48 hours prior or 7 days after the symptoms of the participant developed. • Inform England Hockey. <p>Participants will be allowed to take part in hockey related activity once the required self-isolation period has been observed.</p>
Local Lockdowns	<p>We do not anticipate any local lockdowns or Local Restriction Tiers but will follow government advice on this subject and will update our guidance according to any specific implications that may be introduced.</p>
Pre-attendance official symptom check	<p>All players, officials, volunteers and spectators (when permitted) 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:</p> <ul style="list-style-type: none"> • A high temperature (above 37.8 °C); • A new, continuous cough • A loss of, or change to, their sense of smell or taste <p>This check should be done before each hockey session and must be recorded in regular risk assessments. Some clubs may wish to have this completed in the form of an online or paper questionnaire at the start of sessions. If symptoms are checked at the start of a session rather than in advance, this should be completed on arrival before the player mixes with others, so that if they have symptoms there is no chance of others being affected.</p> <p>Should an individual have demonstrated any such symptoms, they must not participate. Instead, they should follow NHS & PHE guidance on treating symptoms.</p> <p>Anyone who has already been instructed to self-isolate by a health care practitioner or PHE should continue to follow this advice and may not participate.</p> <p>Participants (or parents) will be made aware of any increased risk associated with taking part in activity, based on the assessment undertaken by the club. They should also be strongly advised to comply with public health restrictions and avoid high risk behaviour outside the sports setting to reduce the risk to their fellow participants when they do attend.</p>
Travel to training and matches	<p>England Hockey guidance encourages all participants to follow the governments safer travel guidance. Participants should walk or cycle if possible. If not, plan ahead and avoid busy routes and times if possible.</p> <p>When travelling participants should consider:</p> <ul style="list-style-type: none"> • observing social contact rules • keeping your distance from others • washing or sanitising your hands regularly • planning ahead, avoiding busy routes and times
Arrival at venues	<p>Clubs should strictly limit the time spent congregating at a venue before activity begins. Meet-up times should reflect this. This includes arriving changed and ready to begin the warmup, if possible, and may be aided by the staggering of arrival.</p>

	<p>Clubs should provide hand washing or sanitising stations at the entrance and exit of club houses and pitches and advise users to bring their own hand sanitiser, marked with their own name.</p> <p>England Hockey's guidance for clubs considers further mitigations to ensure safe arrival at venues including:</p> <ul style="list-style-type: none"> • All players, officials, volunteers and spectators (when permitted) must undergo a self-assessment for any Covid-19- symptoms • Putting up clear signage so people can find their destination quickly • Reviewing how people walk through the site and clubhouse, and adjust if necessary, to reduce congestion and contact between users • Regulating entry to the clubhouse to avoid overcrowding • Applying appropriate markings where necessary to manage queues, e.g. outside the entrance, toilets, catering facility and other facilities
Safety Briefing	<p>The Covid Officer for the club, or organising body, should ensure that before any training or match there is a short briefing reminding participants of their responsibilities aligned to the England Hockey guidance.</p> <p>The Covid Officer is ultimately responsible for ensuring this occurs but can delegate the responsibility to coaches or team captains.</p>

DURING ACTIVITY	
Social distancing in competitive training	<p>Competitive 'contact' training can take place for all participants, in an outdoor setting. England Hockey recommends group sizes of no more than 30 (including coaches).</p> <p>Clubs should determine the appropriate ratio of coaches to participants, following the relevant England Hockey safeguarding policy. Sessions might include multiple groups of 30 but only if they can be appropriately socially distanced from each other.</p> <p>In an indoor setting the venue capacity must be followed in line with the indoor sports guidance and social distancing maintained in any breaks in play/training.</p> <p>In all settings before and after the session, during team talks, team huddles, goal celebrations and, in any breaks, all participants should follow social distancing guidelines.</p> <p>Any spectators (when permitted) should follow social distancing guidelines and stick to legal gathering limits.</p>
Social distancing in match play	<p>Competitive 'contact' match play (11-a-side or small sided) is permitted, however, in all settings before and after the match, during team talks, team huddles, goal celebrations and, in any breaks, all participants should follow social distancing guidelines.</p> <p>Substitutes and coaches are permitted but must follow social distancing guidelines on the touchline or in the dugout.</p> <p>Any spectators (when permitted) should follow social distancing guidelines and stick to legal gathering limits.</p>

	<p>During warm-ups and cool downs, participants should follow social distancing guidelines where possible.</p>
<p>Social distancing during breaks</p>	<p>All participants must remain socially distanced during breaks in play with spaced areas for equipment and refreshment storage for each individual including officials and substitutes. Coaching staff and substitutes, should, for example, spread out and avoid sharing a dugout or bench if social distancing cannot be observed.</p> <p>Water bottles or other refreshment containers should in no circumstances be shared. Participants are advised to bring their own drinks or refreshments, in a named container.</p>
<p>Group sizes</p>	<p>England Hockey recommends a maximum of 30 people in a group when on the pitch. Our recommendations on how this can be managed are below.</p> <p>The number of 30 people relates to a single group. Multiple groups can be on the same pitch if the groups are clearly separate and not mixing. Coaches can move between groups as long as they are socially distanced, and the group size remains 30 or under. England Hockey recommends no more than 2 groups of 30 on a pitch at any one time.</p> <p>For training sessions - each group on the pitch cannot exceed 30 and must be clearly in different groups. It is the responsibility of those managing pitch bookings to ensure this can be done safely and appropriately in line with your risk assessment.</p> <p>For warm-ups before matches & cool downs after matches – each group on the pitch cannot exceed 30 and must be clearly in different groups (i.e. each of the two teams is a different group as they are running activity separately at this point). This is usually done by assigning one half of the pitch to each team.</p> <p>For matches – when a game starts both teams become one group which does not exceed 30 (including umpires) on the pitch. During a hockey match there should be no more than 24 people on the pitch at any one time (two teams of 11 players and two umpires). Team staff and substitute players are not included in the number of 30 as they are not involved in the activity taking place on the pitch. They must remain socially distanced off the pitch in the dugout, benches or sidelines.</p> <p>For team talks and de-briefs – social distancing must be maintained during all team talks, including during pre-match huddles, at penalty corner huddles and during goal celebrations.</p> <p>Outside of the pitch – Government guidance on legal gathering limits must always be followed.</p>
<p>Payments</p>	<p>Any payments relating to the fixture (match fees, umpire fees or facilities fees) should where possible be made in a contactless and/or cashless manner.</p>
<p>Use of equipment</p>	<p>The sharing of equipment must be avoided where possible. Where equipment is shared, equipment must be cleaned before use by another person.</p> <p>Participants should take their kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials. Where kit absolutely has to be shared or kept together (e.g. last minute stand-in players, shortage of kit, or</p>

	an essential club function), each person handling it must wash or sanitise their hands immediately after and appropriate cleaning arrangements for the kit must be made.
Ball transfer	The nature of hockey means that the ball is very infrequently handled. Where the ball goes out of play it should be retrieved by players using their stick or feet. Balls should be left for 72 hours or disinfected before and after use.
Match officials and team staff	Match officials and team staff should observe England Hockey's guidance in the same way as participants are required to. Match officials and team staff must remain socially distanced from players wherever possible.
Shouting	There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. This particularly applies indoors and when face to face. If possible, players should therefore avoid shouting or raising their voices when facing each other during, before and after games. This will be included within England Hockey's Code of Behaviour.
Injury treatment	<p>Injuries during play should still be treated, participant health and safety is of utmost importance. The best form of protection is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, is recommended by England Hockey.</p> <p>If a participant gets injured, a member of their household or bubble can assist if present and appropriate, but others (including match officials, teammates and coaches) will still need to socially distance unless a life or limb-threatening injury necessitates compromising guidelines to provide emergency care.</p> <p>If there is a team physio, first-aider or other medical personnel present, they should be equipped with the appropriate PPE (including face coverings) to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance.</p> <p>After contact with an injured participant, the person who has administered first aid should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact, or the minimum 2 metre social distancing was maintained. The first aider should also avoid touching their mouth, eyes and nose. This also applies to the injured person who has been treated.</p> <p>Physios or their equivalent, should keep a record of each participant they have come into contact with for Test and Trace purposes. Further information for those who may need to act as a 'first responder' role in a sports setting, appears here.</p> <p>If a participant becomes symptomatic during the activity, they should immediately remove themselves from the activity and return home as soon as possible. NHS & PHE guidance on treating symptoms should be followed.</p>
Spectators	When permitted, supporters, parents, and other spectators must follow social distancing guidelines and stick to legal gathering limits.
Adherence to measures	<p>The England Hockey Code of Ethics and Behaviour (Respect) has been adapted to ensure a commitment for all involved to adhere to Covid-19 adaptations.</p> <p>The Covid Officer for each club will be responsible for communicating the Code of</p>

	<p>Behaviour to all players, coaches and volunteers within the club.</p> <p>Match officials will be empowered to ensure measures are adhered to through appropriate sanctions designed by England Hockey.</p> <p>Participants must be clear that they are opting in to participating via the signing of a Participation Agreement as defined in England Hockey's guidance with regard to risk and risk mitigation.</p> <p>The Covid Officer of each club is responsible for knowing who has and hasn't completed a Participation Agreement. No one should participate in any hockey activity without signing this in advance.</p>
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AFTER ACTIVITY	
Equipment	<p>All equipment, including playing kit, must be thoroughly cleaned by its owner or left for at least 72 hours before being used again by that individual.</p> <p>Shared equipment must be thoroughly cleaned or left for at least 72 hours between each person using it.</p>
Symptoms	<p>If anyone displays any symptoms after participating hockey activity, they must follow NHS and PHE guidance for treating symptoms and should contact their providers Covid Officer to inform them.</p>

FACILITY USAGE	
<p>For clubs and organisations reliant on third party owned or managed facilities, adherence to these guidelines should be worked out collaboratively between club and facility. Each facility or club must have a Covid Officer who will be responsible for producing a specific facility operations plan that incorporates a full risk assessment.</p>	
Movement on site	<p>All venues must have entry and exit and parking arrangements to venues that ensures social distancing can be maintained.</p> <p>Venues must display the appropriate signage to facilitate at all points throughout the facility and car park.</p> <p>Venues will implement traffic flow systems where possible and appropriate.</p> <p>Venues will outline socially distanced areas for teams, officials and, when permitted, spectators.</p> <p>Venues will ensure that all accessible provision within the site and the facility are available.</p>
Changing rooms and showers	<p>Where possible, players should arrive changed and shower at home. Use of changing rooms and shower facilities must follow wider government advice on the use of indoor facilities.</p> <p>If these facilities must remain closed, exceptions may be made where safety and safeguarding measures require their use. e.g. supporting disability athletes, a child needs a change of clothing, a serious injury requires treatment etc.</p>

Toilets	<p>Toilets may be opened 30 minutes prior to any activity and remain open throughout the activity but must close 30 minutes after activity has finished. This is regardless of wider government guidance around indoor settings. Toilets can open further once restrictions for indoor settings ease.</p> <p>Facility providers should consider the following steps:</p> <ul style="list-style-type: none"> • Using signs and posters to build awareness of good handwashing technique, the need to increase handwashing frequency and to avoid touching your face, and to cough or sneeze into a tissue which is binned safely, or into your arm if a tissue is not available. • Consider the use of social distancing marking in areas where queues normally form, and the adoption of a limited entry approach, with one in, one out (whilst avoiding the creation of additional bottlenecks). • To enable good hand hygiene, consider making hand sanitiser available on entry to toilets where safe and practical, and ensure suitable handwashing facilities including running water and liquid soap and suitable options for drying (either paper towels or hand driers) are available. • Setting clear use and cleaning guidance for toilets, with increased frequency of cleaning in line with usage. Use normal cleaning products, paying attention to frequently hand touched surfaces, and consider use of disposable cloths or paper roll to clean all hard surfaces. • High ventilation in indoor facilities is paramount to reducing transmission of Covid-19; keep the facilities well ventilated, for example by fixing doors open and opening windows where appropriate. • Special care should be taken for cleaning of portable toilets and larger toilet blocks. • Putting up a visible cleaning schedule can help to reassure users it is being cleaned and maintained. • Providing more waste facilities and more frequent rubbish collection.
Hygiene	<p>Participants will be encouraged to refrain from spitting or rinsing out their mouths on or around the playing area.</p>
Post-game socialising	<p>Bars and restaurants, including any food or drink facilities inside a clubhouse, can only be opened and used in line with wider government guidance for hospitality settings.</p>
Clubhouse and hospitality	<p>Venues should only open and use clubhouses and hospitality facilities in line with wider government guidance for hospitality settings.</p> <p>People in clubhouses and hospitality facilities must follow social distancing guidelines and legal gathering limits.</p> <p>High ventilation in indoor facilities is paramount to reducing transmission of Covid-19; indoor facilities such as clubhouses and hospitality facilities should be well ventilated, for example by fixing doors open and opening windows where appropriate.</p> <p>If a club chooses to keep their facilities closed, exceptions must be made for essential activity such as provision of first-aid or access to essential equipment for the match.</p>

Pitches	<p>The International Hockey Federation (FIH) has issued guidance on the safe return to hockey pitches. This is available here.</p> <p>The disinfecting of pitches between sessions is not identified as a requirement.</p>
Indoor Hockey	<p>Whilst the return of indoor hockey will be staggered throughout the government's roadmap, some indoor activity can resume now.</p> <p>Indoor hockey for disabled people can resume from 29 March. Junior indoor hockey can return from Step 2 of the government's roadmap (no earlier than 12 April). Adult indoor hockey can return from Step 3 of the government's roadmap (no earlier than 17 May).</p> <p>The provision of indoor hockey is covered by the following guidance here.</p> <p>Given the greater risk associated with indoor settings, the government is keen that particular attention is paid to:</p> <ul style="list-style-type: none"> • Clubs and organisations ensuring that the venue operator is following the guidance. • Venues are well ventilated. • That capacity rules in terms of number of participants are followed.

Appendix One

Risk Assessment guidance for Clubs/Organisations, updated March 2021

Introduction

All clubs/organisations have a legal duty to take reasonable care to avoid acts or omissions which are a reasonably foreseeable risk. A risk assessment is a systematic review of the tasks, jobs or processes involved when your Club/organisation organises, facilitates and/or hosts hockey activities. The purpose is to identify the significant hazards, the risk of someone being harmed and deciding what further control measures you must take to reduce the risk to an acceptable level.

Risk assessments should cover all risks, including those associated with the Covid-19 pandemic and how the Club/organisation intends to ensure that its members and activities will operate within the Government Guidelines.

The public health crisis is constantly developing; therefore, it is important that clubs/organisations ensure that risk assessments are completed and continually reviewed in light of changing Government guidance, feedback and observations from staff. This may significantly impact Clubs' practices and what measures need to be in place to ensure the safety of all participants.

Risk Assessments

Club/Organisation officials and coaches should keep the six points below in mind, at all times, to ensure the safety of participants. Clubs/Organisations should review the measures implemented in response to these on a regular basis, particularly when Government advice or guidelines change.

Keep up to date with Government and EH guidelines. Please ensure that they are followed at all times and communicate the guidelines to all individuals connected with your Club or organisation.

Please see the latest EH guidance relating to Covid-19, the Roadmap to Returning to Play and risk assessment checklists & templates [here](#).

1. Contact the Club/Organisation's insurance provider to ensure that your Club/Organisation is suitably covered to undertake activities in the current public health crisis. For clubs that use Howdens, advice is available [here](#).
2. Undertake regular risk assessments of the Club/Organisation's activities, ensuring that each one is named, signed and dated by those completing and approving it. Risk assessments are "living documents" and should be updated and reviewed regularly and kept in active use to mitigate any new or changing risks. Undertake specific employee/volunteer risk assessments for anyone undertaking high-risk roles or tasks. Use the following links for EH's [risk assessment template](#) and Covid specific [risk assessment checklist](#).
3. Adapt activities and update the Club/Organisation's policies in light of any changes to the steps of Returning to Play. Policies to be updated include: Health and Safety Policy; and Data Privacy Policy, to cover the handling of data where Clubs/Organisations capture data about attendees at sessions to aid the NHS Test and Trace service.

4. Ensure that everyone - board/committee members, coaches, first aiders, volunteers, parents and players - is aware of the Club/Organisation's Covid-19 protocols.
5. Do not undertake an activity if the Club/Organisation has any concerns about the safety of club officials and / or participants.

Communication of risk assessment, policies, and procedures specific to Covid-19

It is essential that all clubs/organisation communicate with their members to share all changes relating directly to the impact of Covid-19. All communication with young people should follow EH's [Communication good practice guidance](#).

Parents/guardians should be told to ensure that their child has their own water bottle, hand sanitiser, sun cream and any necessary medication (e.g. inhaler). All items belonging to their child should be labelled with their name and should not be used by anyone else.

The period of isolation may have caused some young people to become anxious or unsure about resuming activity. Clubs/Organisations should only support their return to hockey when they and their parents/guardians feel confident for them to do so. Clubs/Organisations should offer to speak to parents/guardians of young people about potential issues if needed and make gradual introductions if needed, particularly when needing to incorporate new protective measures.

More information is available on safeguarding young people and the suitability of staff and volunteers [here](#).

Venue

Key considerations for clubs/organisations when drafting a risk assessment:

1. Arrangements required to maintain social distancing.

If the venue is open to the public, consider how this will be managed in relation to the Club/Organisation activity to maintain social distancing

- signage to direct the flow of people to assist social distancing
- ground markings to remind people of social distancing
- reduce congestion at entrances and exits
- access to and from toilet facilities
- one-way systems in/out
- consider how parking arrangements will be affected

2. Facilities

Where possible, players must arrive changed and shower at home. Use of changing and shower facilities must follow government advice on the use of indoor facilities when available. Current guidance states that changing rooms should not be used, except by people with disabilities, although toilet facilities can be accessed.

If these facilities remain closed, exceptions may be made where safety and safeguarding measures require their use. e.g. supporting disability athletes, a child needs a change of clothing etc.

Ensure access is still provided to disabled toilets, accessible parking bays and disabled access into facilities. Consider the possibility that individuals may not be able to access a toilet to wash their hands and what alternative access to clean water could be put in place. Toilets will need to be opened for pre-match, match and for 30mins following.

Facility providers should consider the following steps:

- Using signs and posters to build awareness of good handwashing technique, the need to increase handwashing frequency and to avoid touching your face, and to cough or sneeze into a tissue which is binned safely, or into your arm if a tissue is not available.
- Consider the use of social distancing marking in areas where queues normally form, and the adoption of a limited entry approach, with one in, one out (whilst avoiding the creation of additional bottlenecks).
- To enable good hand hygiene, consider making hand sanitiser available on entry to toilets where safe and practical and ensure suitable handwashing facilities including running water and liquid soap and suitable options for drying (either paper towels or hand driers) are available.
- Setting clear use and cleaning guidance for toilets, with increased frequency of cleaning in line with usage. Use normal cleaning products, paying attention to frequently hand touched surfaces, and consider use of disposable cloths or paper roll to clean all hard surfaces.
- High ventilation in indoor facilities is paramount to reducing transmission of Covid-19; keep the facilities well ventilated, for example by fixing doors open and opening windows where appropriate.
- Special care should be taken for cleaning of portable toilets and larger toilet blocks.
- Putting up a visible cleaning schedule can keep it up to date and visible.
- Providing more waste facilities and more frequent rubbish collection. Toilet capacity should be managed via entry and exit as per [government guidelines](#)

3. Promote good hygiene and regularly clean facilities.

- Facilities and equipment must be kept clean – if the Club has its own venue, ensure regular daily cleaning of the facilities. In particular identify high contact touch points, which should be cleaned multiple times across the day (e.g. door handles, grab rails and vending machines). Follow Public Health England guidance for [cleaning in non-health care settings](#) and if a Covid-19 case is reported at the facility.
- direct people where they can wash their hands
- provide signage to remind people of the importance of washing their hands thoroughly
- players should be informed that spitting should be avoided, as the main mode of transmission of the virus is in respiratory secretions. In addition, Clubs should consider enforcing a complete ban on chewing gum, as it is either spat out or rolled into a ball and taken out and thus poses a high risk of cross contamination. Club officials may wish to put a disciplinary measure in place in relation to spitting and chewing gum.
- ensure participants bring their own named hand sanitiser for when soap and water is not available (use alcohol-based hand sanitiser)
- provide paper towels for drying hands and sealed bins for placing paper towels and tissues in. If there is any concern that someone may have had symptoms of, or been

infected with Covid-19, ensure these are double bagged in line with Government Guidelines.

- If hiring a facility, ask for details on how the facilities are compliant with the Government's guidelines and ensure Clubs officials are familiar with the procedures that should be followed.

4. Parents/ Guardians/ Carers

Spectators not permitted at this time, with exception for safeguarding purposes (one parent, guardian, or carer per child (under 18) or disabled participant). Parents/ guardians and carers must adhere to social distancing at all times.

Health checks, injuries, and illness

Please refer to medical training and check if a current Medical Emergency Action Plan (MEAP) has been written for the event or venue. See also find the EH Safety FAQs [here](#).

If there is a first aider or other medical personnel present, they should be equipped with the appropriate Personal Protective Equipment (PPE) to protect themselves and others should they need to compromise social distancing guidelines to provide medical assistance. They should have updated themselves on any changes in first aid procedure that will be required as a result of the pandemic. This should be obtained from their training organisation or from Resuscitation Council guidance.

Before travelling to the session

Clubs/Organisations should request that each participant undertakes the following self-screen check list before travelling to a training session or other hockey activity. If they answer 'yes' to any one of them they should not travel to the training session and follow all applicable

Government Guidance (e.g. call NHS 111). It is important to remember some people can pass on the virus before they develop symptoms, or never have symptoms despite being infectious. Despite everyone's best efforts, these cannot be screened out of training.

TABLE 1 SELF SCREEN CHECK LIST PRIOR TO EACH TRAINING SESSION

Each participant should self-screen prior to arrival at any activity to ensure they do not have any of the following symptoms (confirmed by a parent for those under age 18), as these are highly suspicious of Covid-19 infection.
A high temperature (above 37.8°C) <ul style="list-style-type: none">• some clubs may include on site temperature checking of participants as part of their SOP, this is more relevant to clubs who employ medical staff.
A new continuous cough
Shortness of breath
A sore throat
Loss of or change in normal sense of taste or smell
Feeling generally unwell

Been in close contact with / living with a suspected or confirmed case of Covid-19 in the previous 2 weeks.

Arrival at the venue

Coaches at the Club/Organisation should check that each participant completed the self-screen check list before attending and if so, if the self-screen checks were negative for all participants. Ensuring everyone understands the importance of this simple process being completed before travelling is essential to avoid potential transmission.

If a participant says they forgot to self-check before their arrival, then the coach should ask them the health check questions before they join any group at the facility. If they answer 'yes' to one or more of the questions, participants must not take part in the activity and should be told to safely return home.

During the session

Please refer to first aid guidance for how to manage the situation if anyone appears to be symptomatic during the session.

Injuries

If a player gets injured, a member of their household or support bubble, can aid them if for example they are watching from their car, but others will still need to socially distance unless a life threatening, or serious injury necessitates compromising guidelines to provide emergency care. In all cases, NHS guidance on further management should be followed.

Insurance

Clubs/Organisations must ensure that the relevant Insurance provisions (public liability and personal accident cover) are in place and that there is suitable cover for training sessions and other hockey activities taking place during the Covid-19 pandemic. Even with the insurance cover, Clubs/Organisations must still follow government guidance, to ensure that they do not risk invalidating their insurance cover. Clubs/Organisations should review their employee / employer / public liability policies and take specialist advice if necessary.

Planning training sessions and other hockey activities

Please refer to the useful information section for Government Guidance on cleaning in non-health care settings.

Key considerations for clubs/organisations:

- Clean equipment between uses.
- Identify who will regularly maintain the equipment hygiene e.g. balls, cones, goalposts and bibs.
- Thoroughly clean the equipment e.g. balls, cones, goalposts etc.
- Bibs should not be used unless they can be washed between sessions
- Limit sharing of equipment where possible.
- Ensure equipment is handled as little as possible by as few people as possible.
- Each participant should bring to training their own water bottles, sun cream and medication each of which should be clearly labelled with their name.

- Have strict hand hygiene.
- If individuals are going to share equipment, including balls, always ensure the individuals' hands are thoroughly cleansed using alcohol-based hand gel, if clean running water and soap are not available, before and after use.

Hockey activity

Clubs must ensure that participants (coaches and umpires as well as players) sign a participation agreement to abide by the expectations set out by this guidance.

Clubs/Organisations or facility providers must support test and trace efforts by collecting attendance information at both training and matches. This should be stored for a minimum of 21 days in-line with the Government Recreational Team Sport Framework and accessed in line with GDPR guidelines and used only for the purpose of test and trace.

Please follow current UK Government guidance [here](#).

Clubs/Organisations should carefully plan hockey activity to ensure that it is structured to ensure that the Government guidelines are maintained.

Consider whether pitch markings or cones can be put in place to ensure that social distancing is maintained outside of competitive play.

Competitive contact training can take place for all participants, in an outdoor setting provided this takes place in groups of no more than 30 (including coaches).

Clubs/Organisations should determine the appropriate ratio of coaches to participants, following the relevant EH safeguarding policy. Sessions might include multiple groups of 30 but only if they can be appropriately socially distanced from each other.

In all settings before and after the session, and in any breaks, all participants should practise social distancing where possible.

Spectators are not permitted at this time, with the exception of carers for people with disabilities, or adults needed to supervise under-18s in a safeguarding role. One parent, guardian, or carer per child (under 18) or disabled participant is permitted under the exception. Parents/ guardians and carers must adhere to social distancing at all times.

If space allows, increase social distancing between players during heavy exertion.

Useful information relating to Covid

The CDC (Centres for Disease Control and Prevention) provides information on how to wash your hands, both with soap and water and hand gel [here](#).

Follow Public Health England guidance for [cleaning in non-health care settings](#) and if a Covid-19 case is reported at the facility.

Government's guidance on the return of sport [here](#).

NB This risk assessment does not include travel, trips and tournaments for teams or overnight accommodation as these are currently not allowed under Government guidelines.