

COVID-19 Procedures for Matches

Updated 1st October 2020

We are looking forward to welcoming you to Worthing Hockey Club. To ensure we comply with England Hockey regulations and that we are playing hockey in the safest way possible we must adhere to the process below.

In Advance:

- It is your responsibility before arriving at Worthing Hockey Club to ensure your players have:

1. Read the England Hockey Advice for Participants pdf

<http://www.englishockey.co.uk/page.asp?section=2633§ionTitle=Covid%2D19+Club+Support>

2. Completed the England Hockey Participation Agreement

https://customervoice.microsoft.com/Pages/ResponsePage.aspx?id=NvkYmuiQxU--asEa8eSc6gNqKCAUipGoe_luyiEaiZUMIE4NUVKRDZENzJGNUtNVEE5NVIXME9ETC4u

- All players, officials, volunteers and spectators (home and visiting team) must undergo a self assessment for any COVID-19 symptoms
- All WHC players and coaches should check in through the fixture tab on Teamo for home and away games so we as a club can keep an accurate list of our players each game.
- All visiting players must agree to use their own method of checking in and report their own data to England Hockey
- Meet up times should strictly limit the time spent congregating at a venue. We advise no longer than 30 minutes before the start of the game.
- Teams should meet in the car park area outside the big double gates. You will need to remain here until you are directed through the big double gates. Please do not enter unless told to do so.
- Social distancing guidelines should be adhered to before match play and everyone should be 2m apart - this includes during warm ups and cool downs.

- Home team should complete match paperwork in advance and away team should bring their own pen to record their information
- A club representative will open the big double gates when it is safe for the teams to enter. Players, umpires and coaches should go straight onto the pitch and spectators must remain outside the big gates, socially distanced at all times. A small number of spectators may be allowed to wait inside the big gates between these and the small pitch fence but this will be strictly limited and once in this area they will need to remain there until the end of the game. The big gates will then be shut and the small gates to the pitch will also be shut.

During Match Play:

- Substitutes and coaches are allowed pitch side but must remain socially distanced.
- All spectators at matches (including parents and carers) must be restricted to discrete 6 person gathering limits and spread out in line with wider government guidance. England Hockey suggests that ideally it should be limited to one non-participant per player with strict social distancing.
- All participants must remain socially distanced during breaks.
- Water bottles should not be shared.
- Face shields must not be shared
- Match officials should also remain socially distanced and should ensure both teams are also socially distanced when required
- The ball should only be retrieved using the stick. No one is to touch the ball with their hands except the player who brings the ball.
- Injuries should be dealt with by the injured person themselves or in the case of a child, a member of their household bubble. Everyone else should remain socially distanced unless a life or limb threatening injury necessitates emergency care. In the case of juniors the injured child will need to go to the edge of the pitch by the small gates and their parent/carer should administer first aid. If a coach/other player needs to administer first aid or assist the player off the pitch then the game should be paused so they can thoroughly wash their hands before resuming play.
- Any nominated first aider must use a mask and wash their hands thoroughly after administering first aid.

- If someone becomes symptomatic during the game they should remove themselves immediately and return home.
- We do not allow any spitting or rinsing out mouths on or around the playing area at any time. Chewing gum is also banned.
- No handshakes or elbow taps during or after the game.

After Matches:

- The club house will be open, but anyone entering will need to sign into our clubhouse app and follow our clubhouse rules including:
 1. wearing a mask at all times unless drinking/eating
 2. sitting in groups of no more than 6 people
 3. not socialising with any other groups
- Worthing Hockey Club will not be providing teas at this point.
- Players, coaches, spectators and officials should leave the pitch promptly via the gate nearest the club house and not through the big double gates. Signs will show the one way system.
- No one except the designated Worthing hockey club member should be opening or closing gates.
- There will be no cross over of teams.
- Our club house will be open to any visiting teams - this includes players and spectators.

Travel:

- If at all possible you should travel on your own, in your bubble or with your household
- If you need to lift share then try to:
 - share 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
- wear face coverings
- Avoid using public transport unless absolutely necessary.
- Arrive as close as possible to when you need to be there
- Check in with your team captain on arrival
- Travelling team's captain to make themselves known to the opposition captain/Covid Rep on arrival.

The toilets will be open at all times, although there is a limit of 2 people at a time in there. Anyone waiting to use the toilet should remain socially distanced outside the club house.

For further information please contact our Covid 19 officer:

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