



## **Eirias Hockey Club - Return to Non Contact Training**

### **Player Communication Information Sheet**

#### **Introduction**

As a member of Eirias Hockey Club, you are no doubt keen to get back to playing hockey as soon as possible.

The Committee have been doing a lot of work in the background to ensure that we can return to hockey as safely as possible, ensuring that the club and its members adhere to the latest guidance from Welsh Government, the Local Authority and the governing body – Hockey Wales.

This document is intended to outline the 'new normal' for you to access hockey training sessions, with a series of frequently asked questions.

#### **FAQ's**

##### **Who can access training?**

Players who do not have Covid – 19 symptoms.

Players who have their own equipment.

Players who will adhere to the hand sanitisation guidance.

Players who adhere to social distancing guidance.

Players who have pre booked their space.

##### **Who can't access training?**

- Members should not access session if they have any of the following:
- Any cold or flu symptoms; a new persistent cough, a high temperature, a loss of taste or smell;
- Been in direct contact with a known case of COVID-19 in the previous 14 days;
- Travelled internationally in the previous 14 days; or
- They have a high risk from a health perspective, including the elderly and those with pre-existing medical conditions

## How do I get to training?

- Travel with members of your own household only. Do not car share.

## What should I do when I get to training?

- For members driving themselves to training - park in the car park, follow the signs to access the pitch. A one way system to access and leave the pitch will be in place.
- For parents/guardians bringing junior members, park in the car park, follow the signs to access the pitch. A one way system to access and leave the pitch will be in place.
- Members will need to access the pitch in single file adhering to social distancing.
- Please note parents/guardians can drop their child at the pitch, but will not be allowed to remain on the pitch.
- Spectators will not be able to access the pitch.
- Players to be dropped off and collected from the car park opposite the pitch.

## What do I need to bring to training?

- You will need to bring: stick, shin pads, mouth guard, hand guard, drinks bottle
- **Please note.** Personal equipment should not be shared.

## What will be different at training?

- Hand sanitiser stations to be located at the entrance and exit to the pitch.
- Players to sanitise on arrival and before leaving.
- They need to sign in on arrival.
- Players and coaches only on the pitch.
- The club will adopt the 'Get in, Train, Get Out' policy from Hockey Wales. i.e. players and coaches access the pitch, the session takes place, players and coaches leave the pitch.
- Only coaches will be able to touch the equipment e.g. cones, throw down markers, balls, goals.
- Goals and dug outs will be out of bounds.
- Member will need to leave the pitch via the one way system at the end of the session.

## What about social distancing?

- The club will adhere to the latest government guidance on social distancing.
- Session numbers will be determined based on the current social distancing guidance.
- Should players refuse to adhere to the social distancing guidance they will be asked to leave the session, and will be dealt with via the club/Hockey Wales disciplinary procedures.

- Under guidance from Hockey Wales U11's no longer need to social distance. U11 sessions run by the club will maintain the 2m social distancing for all age groups for the time being.

### **What can I do as a player to help?**

- Throughout the COVID pandemic, personal hygiene has proved to be of immense importance, as a player you can help by adhering to the following:
- Regular and thorough hand washing.
- Carrying and using hand sanitiser.
- Covering a sneeze or cough with an elbow or a tissue rather than hands.
- Dispose of used tissues in the bin straight away.
- Avoiding close contact with people who are unwell.
- Not to touch your eyes, nose or mouth.
- Not to spit or clearing nasal/respiratory secretions on the field of play or in other settings.
- To have no contact with others – avoid handshakes, high fives, huddles and celebrations.

The committee look forward to welcoming you back training, and working with you on a return to hockey, taking into account new guidance as and when this is released.