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Introduction

In collaboration with **sportscotland**, other sports and districts, it can now be confirmed that hockey in Scotland can progress to its Return to Play plan as set out in this document.

The following guidance and accompanying information will ensure that 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. Scottish Hockey expects that all involved in any activity will follow the guidance below.

- **Outdoor competitive hockey can resume:**
- Competitive training can start immediately once organisers can ensure all guidance is in place.
- A maximum of 30 participants (adults) are allowed in one group; for the purposes of matches this should be comprised of 2 umpires and 28 players with coaches remaining socially distant from the side-line.
- More than one group can use a pitch split into two halves as long as social distancing can be maintained outside of training.
- Matches (both 11-a-side and small sided) can now take place with clubs recommended to play teams locally, with a maximum distance travelled being within their affiliated district from 5th September then nationally from 2nd October. Multiple matches can take

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place at the same venue as long as social distancing can be maintained between groups outside of matches.

Scottish Hockey will continue to follow government and public health advice. Timings of any changes to the circumstances for hockey will always be led by Scottish Government advice during the Covid-19 restrictions.

In the event of local lockdowns, Scottish Hockey will follow Scottish Government guidance according to the specific implications for hockey in each case which may vary.

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.

Summary guidance for outdoor hockey

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

Pre attendance

- Bring hand sanitiser.
- Wear your playing kit.
- Self-assess for Covid-19 symptoms - if you have symptoms contact the NHS for a test.

Outside of play

- Follow the government travel [advice](#) .
- Register with your organiser for Test and Protect purposes.
- Socially distance at 2m.
- 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.
- Avoid running training exercises that involve overly repetitive close contact between players.

After play

- Clean your kit or isolate it for 72 hours
- If you display any symptoms of COVID-19 after playing hockey, contact your hockey provider's COVID-19 officer for further information (including contacting NHS Test & Trace)

If you have any questions or feedback, please email competitions@scottish-hockey.org.uk

Full Government Guidance

The following recommendations for hockey in Scotland have been built from the government advice as follows:

<https://www.gov.scot/coronavirus-covid-19/>

<https://sportscotland.org.uk/covid-19/>

Additionally, there is advice from the FIH on facilities here:

<http://www.fih.ch/media/13350090/start-to-plan-now-for-when-your-hockey-field-reopens.pdf>

Detailed guidance for return to play

These are not exhaustive and should be read in conjunction with the government guidance above if more detail is required. Please also refer to guidance published on the Scottish Hockey website under the [Covid-19 section](#) of our website.

The first tables cover the overall updates to guidance for Return to Play.

There are also three specific guides for: Participants, Coaches and Facility Operators.

Prior to activity

Club Preparation

Each club or organisation must only return to sport when they are ready and have the appropriate measures in place to be compliant with the guidance developed by Scottish Hockey as well as general government guidance in relation to recreational sport. (<https://sportscotland.org.uk/covid-19/>)

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 group to be responsible for producing and implementing the Covid-19 risk assessment and to oversee the safe return to play.

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.

Clubs or organisations must ask participants to consider if their underlying health, may caution against participation.

Scottish Hockey, along with others NGB's, is aware that people from BAME communities may face greater risk from Covid-19, as detailed within the Scottish Government's "Framework for Supporting People Through Recovery and Rehabilitation During and After the COVID-19 Pandemic" (<https://www.gov.scot/publications/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic/>).

Therefore, BAME participants should talk to their club to identify and understand the measures that will be put in place. Based on this information they should then make a personal decision as to whether the time is right to re-start playing.

Clubs or organisations' Covid-19 guidance identifies any required actions that need 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 – as established in the existing return to train support documents found [here](#).

The Covid officer at each club or organisations will be responsible for clearly communicating all relevant guidance to its players, coaches and volunteers.

	<p>Scottish 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>
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<p>Track and Trace</p>	<p>Scottish Hockey has set a process for hockey deliverers (clubs, companies, 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 Protect 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>In the event that the actions of an individual within the jurisdiction of Scottish Hockey are such as to put others at risk of COVID-19, participation sanctions and/or a complaint may be made to Scottish Hockey.</p> <p>The club Covid officer will be responsible for collating the attendance records for all hockey training and matches. This information should be stored in accordance to the Data Protection Act 2018 and GDPR principles.</p> <p>This information will be shared with Scottish Hockey to allow for the monitoring of adherence of the guidelines and intervention, if required.</p> <p>The Covid officer is central to supporting the Test and Protect programme 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 Protect 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 Scottish Hockey should NHS Test and Protect or another Covid officer be struggling to make contact.
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	<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. • Ask them to contact NHS Test and Protect, if they haven't already. • Inform other participants who may have come into contact with the person with suspected or confirmed symptoms. • 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 Scottish Hockey. <p>Participants will be allowed to take part in hockey related activity once the required self-isolation period has been observed.</p>
<p>Local Lockdowns</p>	<p>In the event of local lockdowns Scottish Hockey will follow government guidance according to the specific implications for hockey in each case which may vary.</p>
<p>Pre-attendance official symptom check</p>	<p>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:</p> <ul style="list-style-type: none"> • A high temperature (above 37.8 oC) • 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 guidance on self-isolation: https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/</p> <p>Anyone who has already been instructed to self -isolate by a health care practitioner should continue to follow this advice and may not participate.</p>

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	<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>
<p>Travel to training and matches</p>	<p>Scottish Hockey guidance encourages all participants to follow best practice for travel including minimising use of public transport. Participants should walk or cycle if possible. People from a household or support bubble can travel together in a vehicle.</p> <p>Please see the current guidelines for travel.</p>
<p>Arrival at venues</p>	<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, to minimise time spent waiting to access, or inside, changing rooms and may be aided by staggering of arrival.</p> <p>Clubs should provide hand sanitisers 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>Scottish 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 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 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
<p>Safety Briefing</p>	<p>The Covid officer for the organising body should ensure that before any training or match there is a short briefing reminding participants of their responsibilities aligned to the Scottish 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 provided this takes place in discrete groups of no more than 30 (excluding socially distanced coaches).</p> <p>Clubs should determine the appropriate ratio of coaches to participants, following the relevant Scottish 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 and, in any breaks, all participants should practise social distancing. Currently no spectators at training sessions</p>
Social distancing in match play	<p>Competitive contact match play (11-a-side or small sided) is now permitted, however in all settings before during and after, participants should practise social distancing as outlined in this plan.</p> <p>Substitutes and coaches are permitted but must socially distance on the touchline or in the dugout.</p> <p>Currently no spectators are allowed at matches.</p> <p>During warmups and cool downs, participants should practice social distancing where possible.</p>
Social distancing during breaks	<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.</p> <p>Coaching staff and substitutes, should, for example, spread out and avoid sharing a dug out 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>After activity participants must maintain government mandated social distancing for social interaction. This includes in any available changing rooms, showers, and any clubhouse facilities or other venue participants congregate in afterwards.</p> <p>Any payments relating to the fixture (match fees, umpire fees or facilities fees) should where possible be made in a cashless manner.</p>

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<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.</p> <p>Where kit absolutely has to be shared or kept together (e.g. last minute stand-in players, shortage of kit, or 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.</p> <p>Scottish Hockey will continue to review ongoing government research and advice on transmission of the virus and ensuring guidance is updated to reflect it.</p>
<p>Ball transfer</p>	<p>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.</p>
<p>Match officials and team staff</p>	<p>Match officials and team staff should observe Scottish 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.</p>
<p>Adherence to measures</p>	<p>The Scottish Hockey Ethics Manual will be 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 conduct 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 Scottish Hockey.</p> <p>The Covid officer for each club should know details for all participants. No one should be participating in any hockey activity without registering in advance.</p>
<p>Shouting</p>	<p>There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly.</p> <p>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 Scottish Hockey's code of conduct.</p>
<p>Injury treatment</p>	<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</p>

	<p>products, will be recommended in Scottish Hockey’s supporting guidance.</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, team mates 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-based 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.</p> <p>Physios or their equivalent, should keep a record of each participant they have come into contact with for Test and Protect 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.</p> <p>NHS guidance on further management of symptoms should be followed. https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/ further information for those who may need to act as a ‘first responder’ role in a sports setting.</p>
Spectators	Currently no supporters are allowed.

FACILITY USAGE

For sports 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-19 officer who will be responsible for producing a specific facility operations plan that incorporates a full risk assessment.

Movement on site

All facilities must have entry and exit and parking arrangements to venues that ensures social distancing can be maintained.

Venues must display the appropriate signage to facilitate at all points throughout the facility and car park.

Venues will implement traffic flow systems where possible and appropriate.

Venues will outline socially distanced areas for teams, officials and spectators.

Venues will ensure that all accessible provision within the site and the facility are available.

Changing rooms and showers

Where possible, players must arrive changed and shower at home. Use of changing and shower <https://sportscotland.org.uk/covid-19/getting-your-facilities-fit-for-sport/>

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.

Toilets

Toilets within a 5 minute walk need to be accessible 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 toilets water and liquid soap and suitable options for drying (either paper towels or hand driers) are available.

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	<ul style="list-style-type: none"> • 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. Toilets capacity should be managed via entry and exit as per government guidelines.
Hygiene	<p>Participants will be encouraged to refrain from spitting or rinsing out their mouths on or around the playing area. Chewing gum should be banned.</p>
Post-game socialising	<p>Bars and restaurants, including any food or drink facilities inside a clubhouse have been allowed to open in accordance with the latest government guidance.</p> <p>Catering facilities commonly have high levels of usage and contact between workers and users.</p> <p>Therefore, extra consideration must be given to ensure that social distancing remains in place.</p>
Clubhouse and hospitality	<p>Venues will use clubhouses and hospitality facilities in line with government guidance on hospitality settings https://www.gov.scot/publications/coronavirus-covid-19-guidance-for-consumers/</p> <p>Groups in clubhouses and hospitality facilities must be restricted to six person gathering limits and spread out, in line with wider government guidance.</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>

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	<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: http://www.fih.ch/media/13350090/start-to-plan-now-for-when-your-hockey-field-reopens.pdf</p> <p>The disinfecting of shared equipment such as goals and dug outs is recommended.</p>

Advice for Participants

- Participants should be made aware of who the Covid officer is by their club or organisation.
- **Preparing to play:**
 - Self-Assessment Check - This check should be done before each hockey session and participant should declare they are symptom free and haven't been in contact with anyone with suspected or confirmed Covid-19 symptoms within the past 2 weeks.
 - Booking – use electronic booking process or pay online to the venue.
 - Hygiene – in line with government advice wash hands before and after activity and regularly use hand sanitiser.
 - For outdoor hockey the maximum group size involved in one discrete group of close contact is 30, excluding coaches. More than one group can use a pitch as long as social distancing is maintained.
 - Equipment – use your own equipment – sticks, balls (mark your own with your initials), gum shield, facemasks (if required), goalkeeping equipment (if appropriate) and ensure water bottles are full on arrival.
 - If you have to use shared equipment disinfect before use and disinfect or leave for 72 hours after use.
 - If you are doing a passing drill only touch any of the balls with your stick. Allow the owner of the balls to collect and disinfect.
 - Insurance – ensure you are suitably insured for the activity you are undertaking, see Scottish Hockey's Health and Safety advice [HERE](#).
 - First Aid Provision - Ensure suitable provision is available for first aid. St John's Ambulance advice is available [HERE](#).
- Travel – <https://www.transport.gov.scot/coronavirus-covid-19/transport-transition-plan/advice-on-how-to-travel-safely/#section-63888>
- **Access:**
 - Arrive as close as possible to the time you need to be there.
 - Check in with your organiser for Test and Protect purposes.

- Allow others to leave before you enter the pitch - if you need to wait then do so away from the pitch and clear of the gates. Follow one-way systems where they are in place.
- Ensure you leave the pitch before the end of your allotted time so that the space is empty for the next group of players.
- Arrive changed and ready to play. Shower at home and follow the facility rules on using indoor spaces such as hospitality or toilets.
- Do not congregate after playing and stay in groups of 6 socially distanced outside of play.
- Where possible avoid touching gates/fences/goals unless absolutely necessary.

- **Playing hockey**
 - Outside of playing follow the government travel advice <https://www.gov.scot/publications/coronavirus-covid-19-what-you-can-and-cannot-do/pages/getting-around/> .
 - Socially distance at 2m distancing in maximum sized groups of 6.
 - Clean your hands during breaks.
 - Follow the facility rules when accessing indoor spaces.
 - 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.
- **During play**
 - Use your own protective equipment or disinfect before use (e.g. facemasks).
 - Socially distance when the play stops.
 - Avoid shouting excessively or spitting.
 - No handshakes with other players or close contact during goal celebrations.
 - Avoid running training exercises that involve overly repetitive close contact between players.
- **After play**
 - Equipment and facilities used should be disinfected between sessions. We would recommend only the facility operators moves goals.
 - Good hygiene practice should continue to be followed with equipment disinfected or left for 72 hours.
 - Parents/guardians should ideally be limited to one non-participant with strict social distancing between spectators.
 - If you are a junior and undertaking a one-to-one coaching session a parent / guardian must be present at all times and follow social distancing guidelines.

- If you show symptoms of Covid-19 you should phone NHS Test and Protect and let your club Covid officer know.

Advice for Coaches

- Coaches must be aware who the Covid officer is for their organisation and be suitably briefed in the expectation for coaches.

Details of the Covid officer role can be found [here](#)

- Coaches must understand all the expectations placed upon players and play a role ensuring that protocols are followed.
- The maximum group size (excluding coaches) is 30 for competitive training or match play. More than one group of 30 can use a pitch but must remain separate from the other group. Coaches (that remain socially distanced) can move between groups.
- **Preparation**
 - Coaches should take all reasonable steps to ensure that sessions are as safe as possible.
 - A risk assessment should be undertaken.
 - Bookings should be made online or by phone.
 - Coaches must take a register of all attendees to ensure any Test and Protect requirements can be easily fulfilled. This must be shared with the Covid officer.
- Think about how you divide the pitch if more than one group is using it to ensure there is sufficient space between groups. The aim should be to ensure groups have significant space at all times including starting and finishing sessions. Groups should not mix but coaches can move across groups.
- Social distancing must be maintained outside of competitive training or matches to a distance of at least 2m. Coaches should adapt sessions accordingly following Scottish Hockey guidance. Online resources are being offered to support this.
- Coaches should avoid running training exercises that involve overly repetitive close contact between players.

- 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 Scottish Hockey's code of behaviour.

- **Equipment**
 - It is recommended that players bring their own personal equipment (sticks and personal protective equipment).
 - Where this isn't possible and the coach provides them:
 - Fresh balls should be used for each session – balls should be stored separately after use and disinfected or stored for at least 72 hours before being used again.
 - Coaches should collect balls or the player return them with stick/feet not hands.
 - No contact between player and other coaching equipment – it is recommended that limited equipment is used if possible.

- **First Aid**
 - Suitable first aid provision should be provided.

- **Communication**
 - Coaches should regularly remind participants (and parents/guardians where appropriate) of the expectations and standards required.
 - Coaches should ensure that the venue has the necessary standards in place before deciding to use the venue, and on arrival and departure.

- If you show symptoms of Covid-19 you should contact anyone you have been in contact with so they can self-isolate in line with government guidance

Advice for Facility Operators

- Facilities must ensure that they know who the Covid officer is for any hockey club or organisation that is using the venue. Details of the responsibilities of the Covid officer can be found [here](#).
- **Preparation:**
 - Facilities should carefully follow government advice on facility opening. This should include a Covid-19 risk assessment.
 - Cleaning – suitable cleaning and hygiene arrangements should be put in place.
 - Bookings should be made online or over the phone.
- **Outdoor facilities**
 - Prepare for sessions with equipment ready and in place aiming for there to be no contact for players/coaches with doors, gates, fencing, and goals wherever possible.
 - First aid equipment accessible and facility operator or St John's ambulance advice followed.
 - Hand sanitisers should be made available and facility operators clean all common use areas in between sessions.
- **Hosting activity**
 - Think about how you divide the pitch if more than one group is using it to ensure there is sufficient space between groups. The aim should be to ensure groups have significant space at all times including starting and finishing sessions. Groups should not mix but coaches can move across groups.
 - It is recommended to leave time between bookings (10 mins) or stagger bookings to allow for minimal opportunity for bottlenecks to occur.
 - Leave gates / doors open and consider a one-way system if possible (in / out).
 - Consider parking arrangements and maintaining distancing wherever possible including marking 2m distancing if you can.
 - Scottish Hockey safety advice should be followed.
- **Communication**
 - Facility operators should provide clear signage and regular reminders for participants of Covid-19 guidelines.

- Facility operators should ensure that clear and regular communication is in place with coaches reminding them of standards required.
- **After**
 - Facility operators should disinfect equipment and places that have been used.
 - If any users of the venue or venue staff show symptoms of Covid-19 you should contact any users of the venue so they can self-isolate in line with Scottish Government guidance.

Appendix One

Risk Assessment guidance for Clubs/Organisations, July 2020

<https://sportscotland.org.uk/covid-19/getting-your-facilities-fit-for-sport-resources/>

Appendix Two

Covid Officer guidance

https://d1ssu070pg2v9i.cloudfront.net/pex/scottish_hockey/2020/08/12105216/sports_cotland-covid-officer.pdf