



Stroud Hockey Club PROTECT and PLAY

STROUD MEMBER HOCKEY PARTICIPATION CHECKLIST

Whilst there is a strong push to return to normal hockey activity, the well-being of all our members and others in the hockey community remains paramount as we try to balance the desire to play with the risk of disease transmission during the Covid-19 pandemic. In line with EH Directives, the Executive Committee is implementing specific processes and procedures for every member of the club to follow as our PROTECT AND PLAY policy. It is essential that all members comply with these processes, that they give those with uncertainty the confidence to play and they do not take away from the enjoyment of the game.

The following is a summary of the guidance for individual participants representing STROUD or participating in an Intra Club activity:

Before the Game/Hockey Activity

- **Complete and submit the on-line EH Participation Agreement (link below) to EH as your first planned STROUD HC participation in your return to hockey. This only needs to be completed once for STROUD HC.** https://forms.office.com/FormsPro/Pages/ResponsePage.aspx?id=NvkYmuiQxU--asEa8eSc6g-NqKCAUpGoe_luyiEaiZUMIE4NUVKRDZENzJGNUtNVEE5NVStroud HCME9ETC4u

*Note: there is a club choice for STROUD HC Club England (Men) in the drop down menu but we do not appear in the first set of dropdowns (which is for Affiliated Clubs). You need to select at least 2 organisations, and then STROUD HC will be presented when you scroll down in the Additional Clubs option. The STROUD HC Covid-19 Officer will also have access to this registration list. **Please note - No registration, no play!***

- Ensure that you have received an invitation to play in the specific STROUD HC match or event (This is the first step in the track and trace procedure for every event and an essential step in the process).
- **In response to the invitation, confirm your availability to play with the STROUD HC Teamo APP.**
- Arrange travel in a manner that minimises the risk of Covid-19 transfer, ideally in a single bubble by car. If choosing to car share, be careful to travel with the same people, be well-spaced and ventilated; see government travel advice; <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>
- Pack your kit bag to include hand sanitiser, mask, personal playing protection equipment.
- Wear your playing kit to the venue (and be prepared to travel back in that kit or change out of it by the car).
- **Self-assess for Covid-19 symptoms (see appendix 1) before departure. If you have symptoms contact the NHS for a test and inform the MM that you are withdrawing from play.**



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At the Venue

- **Check in with your Coach on arrival that you have self-assessed negative that morning for Track and Trace purposes**
- Maintain social distancing throughout.
- Clean your hands, on arrival.
- Follow the venue rules on arrival for parking, accessing the pitch and when accessing indoor spaces e.g. toilets. (The coach should advise you of this and remind you of on pitch protocols)

On the Pitch

- Place your kit so it is separate from others (along the fence)
- Use water bottles that are unmistakably marked as yours.
- In warm-ups and in coaching sessions, avoid exercises that involve overly repetitive close contact between players
- Respect your opposition and umpires
- Take Penalty Corners and Free-hits around the D promptly
- Touch the ball with your stick/GK equipment only and not your hands
- Use your own protective equipment or disinfect before use (e.g. facemasks)
- Socially distance when play stops and for team talks
- Avoid shouting excessively and no spitting or use of chewing gum
- No handshakes with other players or close contact pre match, during goal celebrations and end of match (use stick on stick convention)

After Play

- Make sure you take all your personal belongings and any personal waste material from the pitch.
- Clean your kit on return home (or leave for 72 hours).
- Avoid anything but polite socialising.
- Follow the government travel advice; <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>
- **If you display any symptoms of COVID-19 after playing hockey, contact the Coach and the STROUD HC COVID-19 Officer immediately, and arrange an NHS Test.**



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Compliance

We acknowledge the inconveniences of the new norm but as a Club, STROUD HC has, with our interpretations of the EH guidelines, taken the responsibility to put in place procedures that we hope helps members stay healthy and to fully meet the agreement made by EH with the Government to move to Step 4 (local match play and training).

We rely on all members to comply fully. Such is the importance the Club places on this, and any breach of these procedures may lead the Club's implementing its disciplinary process or, even worse, the discontinuation of our dispensation to play.

Be assured, the procedures are under constant review and any feedback is welcome.

Appendices

1. Mandatory Self Screening
2. Self-Screening Check List



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Appendix 1

COVID-19: MANDATORY SELF-SCREENING

For all future STROUD HC matches and training sessions, it will be necessary for each participant to self-screen BEFORE departing for EVERY session. The template to be completed for self-screening is at Appendix 2.

Action

You will need to reply to each of the 7 items on the template with either

1. Check negative

OR

2. Check positive (**if you trigger any positive answer - stay at home and self-isolate, contact your MM and arrange a Covid-19 test**)

On Arrival at Venue

As you arrive at your venue, you will be asked by your MM to confirm you have completed the self-screening. Although not likely, it is also possible that your temperature will be checked using an electronic device. Please remember to socially distance as people go through this process.

Afterwards

A record of attendees from every session will need to be submitted by STROUD HC to England Hockey **within 24 hours** and retained for 21 days for the NHS Test & Trace protocols. Please ensure your current address and telephone contact number is up to date on the STROUD HC database.

Please understand, these procedures are necessary to keep everyone safe. As we are in a vulnerable age group and likely to have family members in the same situation, it is vital that we all take responsibility to minimise the risks to all participants.

Thanks for your support to keep us all safe



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Appendix 2

 SELF SCREENING CHECK LIST			
Each participant should self-screen before arriving at a match or before training to ensure they do not have any of the following symptoms as potential indicators of Covid-19 infection.		Check Negative	Check Positive
1	A temperature above 37.8 degrees C.		
2	A new continuous cough		
3	Shortness of breath		
4	A sore throat		
5	Loss or change in normal sense of taste or smell		
6	Feeling generally unwell		
7	Been in contact with/living with a person who has suspected/confirmed Covid-19 in the previous 2 weeks		