

## COVID SAFETY BRIEF

### Before Play

- Everyone participating has signed a Participation Agreement
- Self-assess for Covid symptoms:
  - o A high temperature (above 37.8o C)
  - o A new continuous cough
  - o Shortness of breath
  - o A sore throat
  - o Loss of or change in normal sense of taste or smell
  - o Feeling generally unwell
  - o Been in close contact with / living with a suspected or confirmed case of COVID-19 in the previous 2 weeks.
- hand sanitiser / face covering
- Read the risk assessments for the facilities

### 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 and is on side line as substitution
- Avoid shouting excessively or spitting
- No handshakes with other players or close contact during goal celebrations
- Injuries (non limb or life threatening) treated by household or bubble member in first instance. Then first aider with appropriate protection. After contact hands must be washed (or sanitised)

### After play

- Clean your kit or leave for 72 hours
- If you display any symptoms of COVID-19 after playing hockey, contact your hockey provider's COVID-19 Officer (Rosie Beevor)
- The club record and submit to England Hockey Track and Trace all attendance information at training and matches (names, location, dates, times and responsible person in charge). This information is stored securely and then destroyed after 21 days.