

Following the return of hockey activities under Step 4 of the return to play plan set out by England Hockey, we look forward to welcoming you to our pitch at Langley High School which will be hosting games for Carrow HC, Loddon HC and Beccles HC.

The information below outlines the steps we have in place to keep our guests (you) and our members safe while following the latest Government and England Hockey advice on public spaces, outdoor activity and exercise. This information has been put together in conjunction with a Covid-19 specific risk assessment.

Carrow Covid-19 Officer is Avril Mallett info@norfolk-hockey.co.uk, Loddon Covid-19 Officer Rosie Beevor rosieatkinson2@aol.com, Beccles Covid-19 Officer rosanna.vickers@gmail.com

We will keep all of the following measures under review. Any questions regarding this should be directed to them.

Please read the guidelines carefully, and when you visit, please co-operate with us to ensure the rules are adhered to at all times. These are in place to keep everyone safe and to prevent the spread of coronavirus.

Prior to Arrival

- Self-assess
- Change into playing kit as no changing facilities are available

Arrival

- Use first entrance to carpark
- Park away from other cars if possible. If not, wait until neighbouring cars have emptied. Observe social distancing 2m.
- Follow the green line
- Toilets are only available in the Alston building. Face masks **MUST** be worn whilst in this building. Ensure social distancing is observed.
- Use hand sanitiser before and after leaving the building. This is on the wall by the entrance.

Accessing the pitch

- Follow the green line keeping to the right of any paths. There are some pinch points please be aware people might be coming in the opposite direction. Stop and let them pass.
- Warm up on the grass away from the perimeter of the pitch. Social distancing and the '6' rule must be observed at all times.
- Use hand sanitiser before and after entering the pitch.
- Once the final whistle of the previous game has been blown player and players moved to the far side of the pitch. Players may enter the pitch. Away team to enter the gate and turn **immediately right** and wait by the corner. Home team to turn left.
- Once the previous games players have left the pitch you may move to the far side.

On the pitch

- Kit should be placed in the marked 2m areas. Keep kit to a minimum.
- **All** players, coaches and umpires should avoid touching any surfaces.
- Social distancing must be maintained when not directly involved in the game.

Injuries

- Teams are to ensure they have correct PPE equipment to deal with any injuries to their players.

End of game

- No handshakes.
- On the final whistle move to the far side of pitch where kit has been placed.
- Allow the players for the next game to enter the pitch.
- Promptly leave down the middle of the pitch.
- Team sheets to be completed on the grass area.

Departure

- Follow the white line keeping to the right of any paths. There are some pinch points please be aware people might be coming in the opposite direction. Stop and let them pass.
- Unfortunately, we are unable to supply post-match refreshments.

Spectators

- Use the grass area shown on the map.
- Spectators must remain socially distanced at all times in groups of no more than 6.
- No spectators to enter the pitch area.