

## Clydesdale & Clydesdale Western Hockey Club

### Rules for Playing Hockey Safely



The information below outlines the steps we are taking to ensure your safety during this time whilst following the most recent Government rules and Scottish Hockey guidance.

The full Scottish Hockey guidelines can be found here:

[https://d1ssu070pg2v9i.cloudfront.net/pex/scottish\\_hockey/2020/11/02113635/Framework-document-v8.pdf](https://d1ssu070pg2v9i.cloudfront.net/pex/scottish_hockey/2020/11/02113635/Framework-document-v8.pdf)

Additionally we have undertaken a full Covid-19 risk assessment. Please read the following guidelines carefully and when you use the club please adhere to the signage and rules of social distancing.

#### **Pitch Booking**

- Make sure you have booked the pitch before arriving to play.
- In order to comply with track and trace please make sure you have signed in to the session, or have been noted as present.
- Juniors (U16) must be accompanied by one adult for the group. There will not be a first aider on hand.
  - Adults can be a playing member or one supervising adult can watch from the side of the pitch on the grass.
  - You can bring your own chair to sit on as dugouts are not in use.
- Any hockey played is at the members own risk.

## **Player access**

- Where possible avoid public transport and arrive at the pitch using your own car, bicycle or walking.
- Please follow directional signs to access the pitch.
- Members should enter and exit the club through the side gate at Beaton Road (Figure 1).
- For pitch access please enter and exit at the MUGA end.
- Pitch gates will be unlocked and open for each booking slot to reduce contact.
- The clubhouse will be shut for facilities, please bring your own water bottles and use the toilet at your house.
- First aid kit will be available on the pitch and defibrillator available from volunteer to provide.
- Arrive on time to begin, please try to arrive no more than 5 minutes early.
- Leave promptly after your slot has finished.
- Adhere to age specific guidelines for social distancing between yourself and other players and avoid crowding entry and exits.
- Use hand sanitiser stations before and after play.
  - Members are encouraged to bring their own hand sanitiser and wipes.

## **On the pitch**

- Please bring your own stick, mouth guard, shin guards, cones, goalkeeper kit and any other equipment you wish to use. Avoid touching others equipment.
  - There are balls provided at the pitch for use.
- Please do not share water bottles.
- Any blood injuries that occur on the pitch must be washed off using your own water bottles.
- Avoid picking up hockey balls that are not yours.
  - If ball comes onto your playing zone please kick, or use your stick to pass it back.

- If the ball goes onto the grass use the side gates to exit and re-enter onto the pitch to collect the ball.
- Please do not use watering box.
- Pitch watering will be completed by a Covid volunteer to reduce contact of surfaces.
- Avoid touching pitch equipment (goals, side gates, dug outs).

### **U18 Guidelines**

- Travel outside local authority for exercise is not permitted.
- Social distancing required during sessions.
- Social distancing required before and after sessions (outside of hockey pitch government guidance must be followed).

### **Adult Guidelines**

- Travel outside local authority for exercise is not permitted.
  - Coaches may travel outside of local authority to lead the session.
- Social distancing required on pitch.
- Social distancing required before and after sessions.

### **Number of participants on Pitch**

- Using half pitch
  - 30 adult participants; or
  - 32 U18 participants; or
  - 30 U18 and adult participants
- Using Full Pitch
  - 30 adult participants; or
  - 32 U18 adult participants; or
  - 30 adult and U18 participants

## **Future steps**

We will be reviewing the club usage daily and will make necessary changes if we feel the guidance is not being followed.

We will be following the Government guidance and we are prepared to change in short notice should there be any change to the Covid-19 situation.

**Government guidelines for social distancing should be adhered to at all times. Anyone with symptoms, in a house with people with symptoms, or have been in contact with someone with symptoms should follow the Government guidelines to stay at home.**

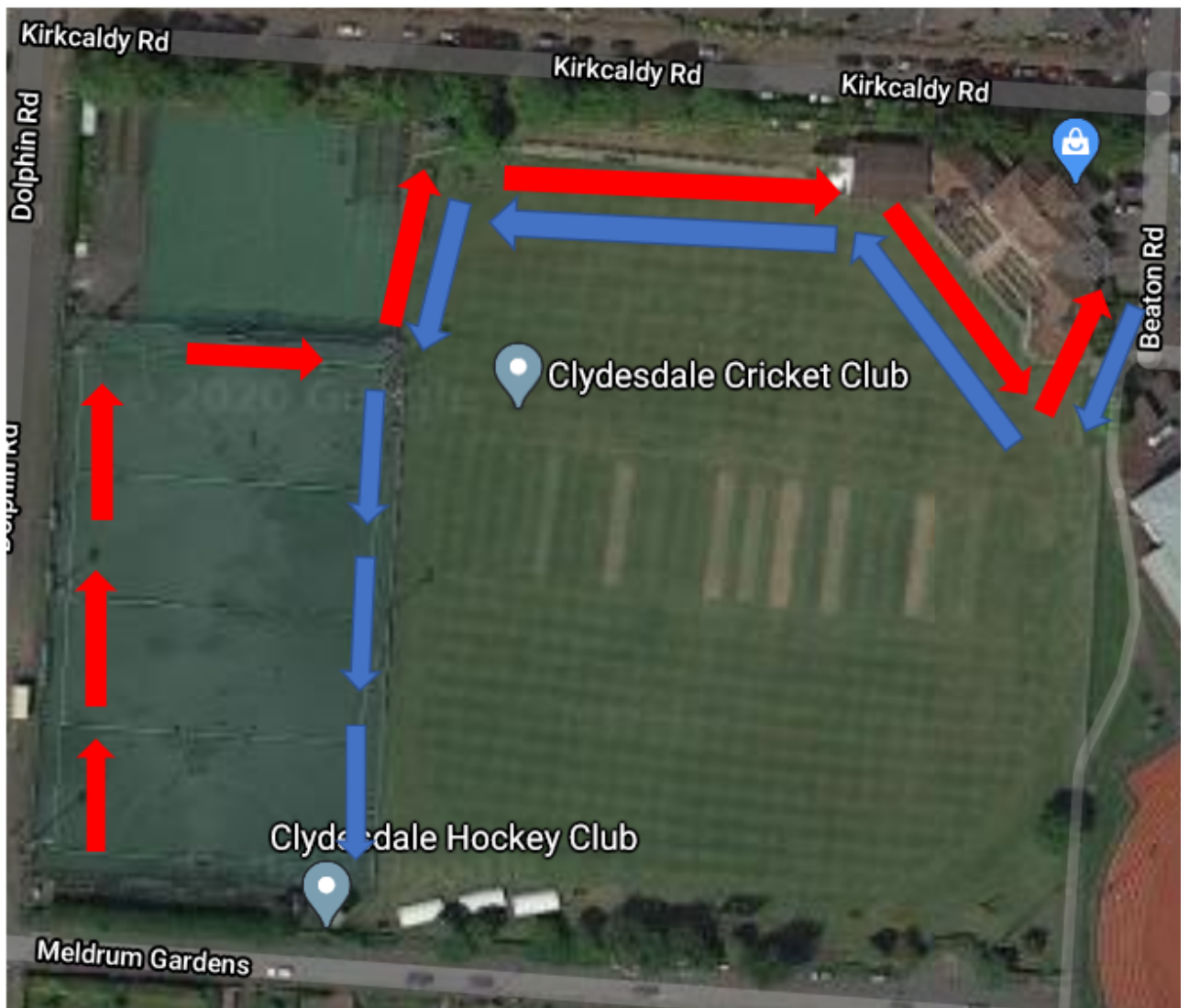


Figure 1: Enter and exit by the side gate at Beaton road. Blue = entry to pitch, red = exit from pitch.