

# 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.

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**

At this time, we are offering organised sessions for all members, the booking system will not be in use for individual sessions. Please be in contact if you would like to make a booking.

### **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, please bring your own water bottles. Toilet facilities will be available for organised sessions
- 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 for individual sessions. Avoid touching others equipment.
- 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 area 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 or coach to reduce contact of surfaces.
- Avoid touching pitch equipment (goals, side gates, dug outs).

## **Age-Specific Guidelines**

### **U12 Guidelines**

- Full contact allowed.
- All group activity must consist of a maximum of 15 players and 2 coaches per ¼ pitch (max 60 participants per pitch).
- Each group of coaches and players must be treated as separate bubbles/sessions. Mixing should not occur at any time between groups.
- No travel restrictions for U12s if travelling to Clydesdale.
- No parent/carer spectating.
- Intra-club activity only.

### **U18 Guidelines**

- Only non-contact activity.
  - Social distancing required before, during and after sessions.
- A maximum of 13 players and 2 coaches per ¼ pitch (max 60 individuals per pitch).
- Each group of 15 must be treated as separate bubbles/sessions. Mixing should not occur at any time between groups.
- No travel restrictions for U18s if travelling to Clydesdale.
- No parent/carer spectating.

### **Adult (over 18) Guidelines**

- Only non-contact activity.
  - Social distancing required before, during and after sessions.

- A maximum of 14 players and 1 coach per 1/3 pitch (max 45 individuals per pitch).
- Each group of 15 must be treated as separate bubbles/sessions. Mixing should not occur at any time between groups.
- Travel within your own local authority area. At this time, only those living in the Glasgow City council area are allowed to travel to Clydesdale.
- No spectating.

### **Coaches**

- Coaches may travel out with their local authority area to run an organised session.
- Coaches must observe physical distancing before, during and after activity.
- Coaches may deliver more than one session per day.
- For U12s and U18s, the coach-to-player ratio is 1 coach to 10 players.
- For over 18s, 1 coach for a maximum of 14 players.

### **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.

### **Further guidance**

The complete SportScotland guidelines for returning to exercise and physical activity can be found [here](#).

Scottish Hockey's return to play infographic can be found [here](#).

**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.**

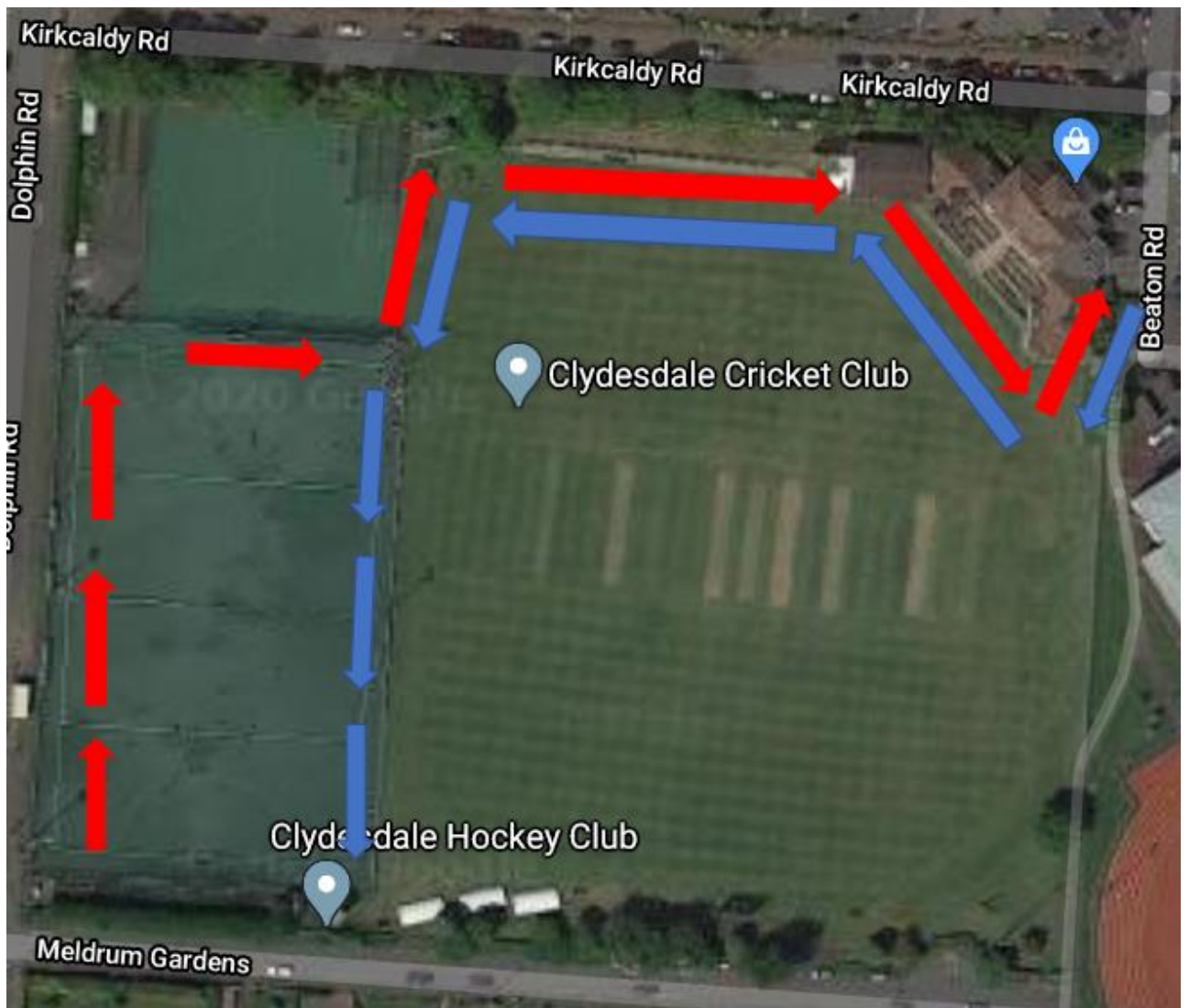


Figure 1: Enter and exit by the side gate at Beaton road. Blue = entry to pitch, red = exit from pitch.