

HILLHEAD JUNIORS HOCKEY CLUB
COVID-19 GUIDELINES FOR PARTICIPATION



We are restricted to a maximum number of persons on a half -pitch at one time to comply with Scottish Hockey's current recommendations for participation. Therefore, we will have to cap the number of participants in each session, there is NO drop-in participation. Only registered players with pre-paid ticket will be eligible to train. Everyone complete the Covid-19 self-declaration for Test and Protect purposes.

WINDYEDGE ONE-WAY SYSTEMS and PARKING RESTRICTIONS

- The parking lot will be restricted to coaches' cars and pedestrian/foot traffic only and 2M distancing will be required. Do not congregate before or after the session, maintain safe distances.
- Socially distance enroute to the pitch and do not car share.
- No handshakes or welcome hugs.
- Come dressed to play hockey, the changing facilities are closed.
- Use of grid system are in place to indicate appropriate distancing measures for group activities.
- Attendance will be taken in small groups on the pitch to prevent a bottle-neck registration. Make sure to complete track and trace declaration up to 24-hours before any training session.
- Ensure you arrive and depart at your allotted time.

<u>Group</u>	<u>Arrive</u>	<u>Depart</u>
P1-P3	10:00	11:30
P4 - P5	10:00	11:30
P6-P7	10:15	11:45
GK	10:15	11:45
S1+	10:30	12:00







- Allow others to leave the pitch before entering.
- Use hand sanitizer on arrival and departure.
- Enter from the tennis courts and exit from the main gate - see below.



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ON THE PITCH

- Bring your own water bottle, hand sanitiser, and use your own kit.
 - Make sure you follow all the arrows when you get to Windyedge.
 - Your bags must be 2 meters apart at the side of the pitch.
 - No spectators are currently permitted.
 - Stay on your space and your side of pitch, even if a ball runs over. Coaches will collect and handle equipment.
 - Socially distance at the end of each session while walking to the car park.
 - Do not use the pavilion. Do not use dugouts
 - There is a toilet provided in the sheds to the right of the entrance, restricted to one person at a time.
 - Do not handle equipment unless under direction.
 - Use of personal equipment is preferred over shared equipment.
 - Coaches may wear masks on the pitch, it is a personal preference.
 - Anyone who develops any symptoms of Covid-19 or takes unwell during training will be moved away from the group and parent/guardian contacted.
-  Ensure hands have been washed for at least 20 seconds.
-  Bring your own stick, face mask, gum shield, shin pads and water bottle etc.
-  Where possible avoid public transport. No car sharing/pooling.
-  - Adults should maintain 2m of social distance unless you are from the same household.
- U12s are not required to social distance.
- U18s are not required to social distance on the pitch only.
-  Do not participate if you are required to self isolate.
-  Wear a face covering when indoors.

WHAT WE ARE DOING TO STAY SAFE

- Socially distancing and wearing masks off the pitch
- Our equipment is left for a minimum of 72-hours between use.
- A separate area is designated for first aid. First aider will be masked and may wear a visor. However, facilities are limited, therefore injured players will need to stop play and return home.
- We are creating different ways to teach hockey to prevent face-to-face interactions, regardless of the age group.
- We are adhering to the facility's one-way systems and all Scottish Hockey guidelines.
- We have conducted a club-wide risk assessment and have a designated Covid-19 officer.
- We are adhering to Trace and Protect. If you display any symptoms of Covid-19 please do not train. If you display symptoms after training, please contact us.
- We aim to maintain clear and honest communications with our parents, players, and coaches.