

PHASED RETURN TO HOCKEY – MEMBERS GUIDANCE

INTRODUCTION

Following updated guidance from [England Hockey](#) and the [Government](#) about relaxing lockdown restrictions to allow individuals to exercise more outdoors and further away from home, Epsom Hockey Club will be reopening **limited training facilities at Old Schools Lane (OSL)** from **Friday 29 May**.

Please note that there are extensive rules that we must follow to operate in this period of social distancing and heightened awareness. **Anyone breaching these rules will be suspended from using the club facilities.** Whilst these are the first steps for returning to play, we would encourage everyone to give the utmost consideration to the health of themselves and others.

Please read these guidelines carefully and co-operate with us to ensure that they are adhered to fully when you visit OSL.

A Club Representative will be present at all sessions to manage access to facilities and ensure guidelines are being followed. **However, on pitch hockey activity will self-led and not supervised in any way so members using facilities will be doing so entirely at their own risk.**

If this guidance is not adhered to, the Club Representative present at the session has the authority to ask you to leave the premises for the safety of others and themselves.

WHAT FACILITIES ARE AVAILABLE FOR USE?

- The astroturf pitch is available for use **by Hockey Club members at set times** and on a **pre-booked basis** only. The pitch is being divided into **four separate playing zones**.
- Grass pitches **are not** in use.
- Portacabins **will remain closed** meaning all toilets, handwashing or refreshment facilities will not be available.

WHEN IS THE ASTROTURF AVAILABLE TO BOOK?

- Friday 29 May: 12.00 to 17.00, and then every
- Saturday/Sunday: 10.00 to 16.00
- Monday to Friday: 16.00 to 21.00
- Hockey club members (those who have paid a 2019-20 annual subscription) can book to use a playing zone for hockey activity for a 45-minute period. All bookings will start on the hour and finish at quarter to the hour e.g. 10.00 to 10.45, 11.00 to 11.45 and so on.

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HOW DO I MAKE A BOOKING?

- All bookings must be made **through the EHC website** (www.epsomhc.co.uk) by a hockey club member or by a parent/guardian on their behalf.
- Anyone who has symptoms of Covid-19 or is in a household with someone who has symptoms **cannot use or book the facility at this time to safeguard themselves and others.**
- Anyone who is Extremely Clinically Vulnerable (i.e. received a letter from the Government) is **strongly advised to continue shielding.** If they make a booking for themselves or for other club members from their household to use the OSL pitch it is entirely at their own risk.
- All bookings must be made **by 18.00 on the day before the session** is taking place to allow the club to plan for numbers attending. **No bookings will be allowed on the day and there is no provision for ad-hoc sessions.**
- Please arrive **no more than 5 minutes** before your slot starts (at XX.00) and leave **as soon as** your booked slot finishes (at XX.45). **This is very important to enable us to clear the pitch safely between bookings and minimise the number of people on site at any one time.**
- Bookings will be managed on a rolling 7-day timetable. We would ask that you only make one booking at a time to allow fair usage for all members.
- Use will be **free for a short trial period**, after which a small charge will be introduced: £5 per person or £15 per household group of four.

WHO CAN I TRAIN WITH?

- Only 2 people will be allowed to use each playing zone together unless all players are from the same household in which case a maximum of 4 players may take part.
- One adult or one junior member (11-17 years) can train with one other person from another household but must adhere to social distancing rules and remain 2m apart throughout.
- Junior members (6-10 years) must only play with people from their own household, including one parent/guardian.
- Each junior member must be supervised by or playing with one adult from their own household.

GUIDELINES FOR PLAYERS

- Please use hand sanitiser (preferably your own) prior to entering the pitch.
- The pitch will be divided into quarters and suitably marked. Players should not cross into adjacent playing zones. If a ball enters your area from another playing zone, please ensure that you **only use your stick** to send it back.
- A 2m wide designated walkway will be marked out at the side of the pitch in the run-off area and players should **only** access their section of the pitch using this.
- Individuals from different households must socially distance, always remaining a 2m distance apart.
- Please bring your own stick and, where possible, your own marked ball(s).
If you do not have your own ball you can arrange to purchase one from the Club for £5. Please request a ball and make payment (see website for details) at the time of your booking. You will then be able to collect it safely on your arrival at the pitch from the designated Club Representative at the session.
- Normal safety rules apply, i.e. you must bring and wear your own gumshield and shin pads during your session.
- Please play responsibly and be mindful of the safety of others at all times.
- Please bring the minimum amount of equipment/kit with you.
- Bring your own water bottle as we will not be able to refill water bottles and the water fountain will be out of use.
- Do not share food and drink with others.
- Please refrain from touching any other equipment (such as goals, cones).
- Please avoid touching gates and pitch side fences.
- Use of the dugouts is prohibited.
- You must vacate the pitch as soon as your booking slot ends (at quarter to the hour). This is to allow a buffer period so we can clear the pitch safely between bookings and minimise the number of people on-site at any one time.
- When you leave please take all your equipment, clothing, water bottles **and** any rubbish home with you. We recommend that you clean and wipe down your equipment including balls, sticks, shin pads etc before and after play.
- Any clothing or equipment left on the premises will be removed safely and thrown away.

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GUIDELINES FOR PARENT/GUARDIANS

- Each junior member (under 18 years) must be accompanied by **only one** parent/guardian from their household. No additional spectators are permitted.
- For those parents/guardians not playing you must stay on the grass outside of the perimeter fence of the pitch in an area close to the playing zone being used by your child, maintaining a distance of at least 2m from others.
- You may wish to bring a fold-up chair to sit and watch from your designated area as there will be no benches to sit on or places to lean.
- Please remain alert and watch play at all times to protect your safety.
- Please refrain from touching any equipment (balls, cones), goals, dugouts, gates and/or fences.

GENERAL GUIDELINES

- Only travel to the club if you have a confirmed session booked. Please arrive no more than 5 minutes before your booking is due to start (XX.00) and leave as soon as your booking ends (XX.45).
- Please follow the Government guidelines on travel when making journeys to and from the club.
- Avoid congregating in the car park, around portacabins, pitch side or on any grass areas at OSL.
- Always maintain a 2m distance from those from another household.
- Dogs will not be allowed on site during this period.

HEALTH, SAFETY & HYGEINE

- No toilet, handwashing or changing facilities will be available at OSL. Please go to the toilet before coming to the site. **Any urination on the grounds is not acceptable and will mean that person is suspended from the club.**
- Follow guidelines on hand hygiene carefully. Wash your hands at home before and after using the facilities. Hand sanitising gel will be available directly outside the pitch but we strongly encourage you to **bring your own**.
- First Aid Kits will be available at the entrance to the pitch for use during sessions, if required. If used please use one of the sanitizing swabs within the kit to wipe it down after use and inform the club representative present.

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- If you exhibit any signs or symptoms of Covid-19 in the days following your session, please ensure you inform the Club immediately by emailing: chair.hockey@epsomsportsclub.co.uk and junioradmin@epsomhc.co.uk.

FUTURE STEPS

We are very pleased to be able to get some activity happening back at the club, but our priority is the safety of our members and their families, volunteers and club staff.

We will be reviewing facility usage daily and will make any necessary changes if we feel guidelines are not being followed or adjustments are needed to ensure people's safety.

We will also continue to follow Government and England Hockey guidance and will be prepared to curtail or expand our activities at short notice should there be any changes to the Covid-19 situation.

Use of the pitch for one to one coaching is not included as part of the initial Phase 1 return to play but will be introduced in due course.

Any changes made will be clearly communicated to club members.

Thank you for your support and co-operation.

Epsom Hockey Club Committee

27 May 2020