

# Bowdon Hockey Club – May 17<sup>th</sup> 2021

## Player information – Do's and Don'ts

This applies to all players, coaches, umpires, officials and volunteers

### Getting Registered

- ✓ Register yourself on ClubBuzz
- ✓ Any new players to complete the England Hockey Covid Declaration

✗ You will not be allowed to join any Bowdon training or match if you have not done this

### You must ask yourself these self-screen questions shortly before every training session or match

Have you or anyone in your household/support bubble displayed the following symptoms?

- A high temperature (above 37.8 degrees);
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

If this is the case for you or your house-hold stay home and you **do not** attend any training/game. Notify your COVID officer and follow government advice.

### Before Training/Match

- ✓ Self screen & confirm this verbally
- ✓ Pack hand sanitiser, personal water bottle and first aid kit
- ✓ Come ready to play & use hand sanitizer before starting
- ✓ Travel independently if you can
- ✓ Familiarise yourself with the venue and respect their rules and systems

✗ Attend if you or your household have any COVID symptoms or you suspect you may have the virus (as above)

### During Training/Match

- ✓ Maintain social distancing when not playing & avoid the dug-outs
- ✓ Only use the space allocated to your training group
- ✓ Minimise your kit and keep it away from other's if you can.
- ✓ Only use your stick to touch the balls or other equipment

- ✗ Shout excessively or spit
- ✗ Congregate for long periods of time (e.g before short corners)
- ✗ Share any equipment or water bottles
- ✗ Touch fences or other pitch infrastructure (e.g. goals)
- ✗ Chew gum

### After Training/Match

- ✓ Tap sticks to congratulate the opposition
- ✓ Leave promptly and use hand sanitiser as you leave
- ✓ Clean your own equipment or leave for 72 hours
- ✓ Travel home independently where possible
- ✓ Contact your COVID officer if you display symptoms and follow Public Health England guidance

- ✗ Congregate with team-mates in the car park
- ✗ Arrange any social activity that would break any local lock down restrictions
- ✗ Mix with members of a different training group
- ✗ Touch fences or other pitch infrastructure
- ✗ No hand shakes

### Enjoy your hockey responsibly

Think about your actions and how these may impact on yourself, family, clubmates & community. Don't spread the virus & help us minimize self-isolations required. Risks are being managed but can't be eliminated.