

Stage 5 - Return to play, safer travel guide

May 17th 2021

This document provides information for managers, coaches, players and parents specifically relating to safe travel to hockey games and training.

Government Guidance for Safer Travel

- Wash and sanitise your hands regularly.
- Keep your distance when you travel.
- Limit the number of households you have contact with.
- If travelling by public transport you **must** wear a facemask.
- Consider wearing a face mask if you are travelling in a private car with members of another household.
- Avoid sitting face to face with other passengers.
- Avoid loud talking, shouting and singing.
- Minimise the number of surfaces you touch.
- **DO NOT** travel if you or anyone in your household is displaying COVID symptoms.

Travelling to/from Hockey Training or Match

- Follow the government guidance as above.
- Where possible, walk or cycle to the venue.
- Where possible, travel only with members of your own household or support bubble.

If it is necessary to travel with people from outside your household or support bubble then you should:

- Travel with the same people each time.
- Keep to small groups.
- Open windows for ventilation.
- Face away from each other.
- Clean car surfaces between journeys.
- Wear a face covering.
- Regularly sanitise hands.
- Limit time spent at petrol stations and use contactless payment where possible.

Please limit the risk to yourself and others by following the above guidance. Remember if you travel in a car with anyone who develops symptoms or receives a positive test within 48 hours of the time you travelled

YOU will be required to self-isolate for 14 days