



COVID Guidance for PARTICIPANTS

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Before Sessions

Participants (or parents of U18s) must sign an England Hockey Participation Agreement, before participating in their first activity, where they agree to the terms and conditions and Code of Ethics and Behaviours. They can sign up [here](#).

Participants must understand all the expectations placed upon them and play a role ensuring that protocols are followed.

Participants must sign up to their training session through the [GAHC website's COVID page](#)

Participants must not arrive on the pitch more than 5 minutes before the start of their session. Arrive ready to train, including having shin pads in place.

Participants must check in with the coach on arrival. A register of each session will be completed. This information will be shared with England Hockey, for track and trace purposes, by the CO.

Participant Behaviour



GAHC will be following England Hockey's [Code of Ethics and Behaviours](#).

Participants who do not comply with measures put in place to protect against COVID, will be asked to leave the session immediately. Appropriate disciplinary actions will be implemented.

During Sessions

The maximum group size (including coaches) is 30 for competitive training or match play. More than one group can use a pitch but must remain separate.

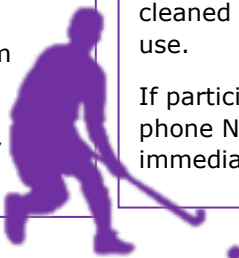
It is recommended that parents / carers should be present for sessions involving under 18s at this time. Spectators should consult the Guidance for Spectators

Social distancing, to a minimum of 2m, must be maintained outside of training or matches, including queuing for drills and drinks breaks.

If possible, players and coaches should avoid shouting or raising their voices when facing each other during, before and after sessions. This will be included within England Hockey's Code of Ethics & Behaviour.

When communicating, avoid regular removal of gum shields.

Players should regularly sanitise their hands before, throughout and after the session.



Equipment

Players must bring their own personal equipment (sticks, shin pads, gum shields, etc.).

Coaches should collect balls, or players return them with their stick/feet. Players should not touch balls with their hands.

There must be no contact between players and coaching equipment including cones and goals.

Players must bring their own, labelled, drinks bottles.

Hand sanitiser will be available, but players are encouraged to also bring their own.



After Sessions

Coaches should collect balls, or players return them with their stick/feet, not hands. Players should not touch balls with their hands.

Participants should leave the pitch area as quickly as possible, maintaining a social distance.

Equipment, including playing kit, should either be cleaned immediately or left untouched for 72hrs after use.

If participants show symptoms of Covid-19 they should phone NHS Track and Trace and let the club's CO know immediately.