



Wallingford Hockey Club PLAYER BRIEF

England Hockey "Advice for Participants" can be found here -

http://www.englishockey.co.uk/core/core_picker/download.asp?documenttable=libraryfiles&id=20831

If you have symptoms while at a session:

Leave the session and go home as quickly as possible.

Inform the COVID Officer.

Source a COVID test.

Do not return to activity until test is reported negative or self isolation period has finished.

If you have symptoms between sessions:

Inform the COVID Officer.

Source a COVID test.

Do not return to activity until test is reported negative or self isolation period has finished.

Anyone demonstrating any such symptoms should follow NHS and PHE guidance on self-isolation

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

DO

- Complete the England Hockey Participation Agreement before attending any session - https://forms.office.com/FormsPro/Pages/ResponsePage.aspx?id=NvkYmuiQxU--asEa8eSc6g-NqKCAUipGoe_luyiEaiZUMIE4NUVKRDZENzJGNUtNVEE5NVIXME9ETC4u
- Before each session conduct a self assessment to confirm that you are well, with no COVID-19 symptoms. Confirm your status on the Teamo app for each session attended.
- Check-in using the Teamo app before each session.
- Maintain a 2M social distance whenever possible during the session (arriving, departing, breaks, on the side line, when coach is talking to the group).
- Stay in your group of 30 during the session and do not mix with any other groups using the Astro.
- Place your belongings 2M away from others around the edge of the pitch.
- Ensure you adhere to Astro entry/exit timings. Arrive as close to your start time as possible. Your coach will collect you from the entry gate at the correct time.
- Ensure you take free hits and penalty corners quickly.
- When travelling to a session try to travel only with people from your own household. If you do need to travel with someone else, then follow the Government "Safer travel guidance for passengers" guidelines. <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers> Use overflow parking at Fugro to avoid congestion at the Sports Park.
- Only move goals if you are wearing gloves.
- Bring bib to each session.
- Keep touching of equipment (balls/cones) to a minimum.

- Come dressed to play (there are no changing rooms available) and use only your own equipment (do not use shirts from the "pool") and wash after use.
- Adult players to provide own facemasks.
- Ensure safe practice when dealing with First Aid - First Aider to wear gloves and Mask for all treatment. Injured person to wear a mask if practical. First Aider to guide player to administer own first aid if possible. All PPE used to be disposed of safely.
- Pay for match fees via the Teamo app.
- Follow all guidelines given by Wallingford Sports Park - including which toilets the Hockey Club should use and wearing tracksuit bottoms over your playing kit if going into the clubhouse.

DON'T

- Join another training session after your own. Players can only train with one group of 30 per day.
- Shake hands or have team huddles.
- Use Dug Outs.
- Use shed or shed porch.
- Shout or raise your voice when facing other people.
- Spit or chew chewing gum.