



Getting Back on the Pitch - Step 2

Further to government announcements in May and information provided on the return of sport (available [here](#)). England Hockey issued an initial roadmap on 29 May that set out the following outline to hockey returning.

The government alert levels announced on 10 May (available [here](#)) set out the first clear steps to emerging from lockdown. These alert levels will not relate directly to hockey activity and having reviewed the information from other countries and other sports we have set out 5 steps to returning to 'normal'. Three relate to training, and two relate to match play activities. These are as follows:

Phase	Step
Train	1. Training - One to one / household group
	2. Socially Distanced Training - Small groups but with social distancing in place
	3. Small Group Training – Small group training allowed with some closer contact permitted. Allowing for tackling/marketing etc. (some age groups may be allowed to start this stage earlier)
Play	4. Local Match Play – Intra club / local matches can happen but restrictions stop leagues / main competitions resuming (e.g. if travel is still an issue due to car sharing or local lockdowns are in place)
	5. Full Competitive Match Play – Full leagues / competitions resume

Since 21 May hockey has been at Step 1 with one to one coaching or household groups allowed to play. The initial stages of Step 2 are now allowed from Monday 1 June.

England Hockey does not know exactly when we will be able to progress through each step so the aim of this outline will assist clubs and organisations scenario plan their return to hockey. Crucially it is clear that facility providers are taking different approaches to the current restrictions and not all clubs are able to access pitches. This is a situation we will continue to monitor and take into account linked to the steps above.

England Hockey will issue the necessary advice and guidance and share good practice with as much notice as is possible in the circumstances.

More information on the potential implications of this is available [here](#).

The updated government advice means it is now possible to undertake the following activity. England Hockey strongly recommends that all involved in any activity follow the guidance beneath.

- Outdoor hockey pitches can be open as long as the government guidelines are followed.
- The following ways to play hockey are now available on outdoor pitches:
 - Hockey involving six people under social distancing guidelines (unless from the same household).
 - Coached sessions involving up to 5 players and a coach under social distancing guidelines.
 - Hockey played between a household group (where social distancing is not required)
- Whether coached or uncoached these sessions must be covered by suitable insurance – participants and coaches should ensure they have suitable arrangements in place before participating.

- We continue to encourage the fantastic 'hockey at home' initiatives that we have seen throughout the last two months to continue ([examples here](#))

England Hockey are offering free online workshops for coaches to support the delivery of hockey, by sharing ideas of fun and engaging sessions that can be delivered under the current government guidance. To register your interest please click [here](#).

We will confirm dates and timings for the workshops week beginning 8th June.

England Hockey will continue to follow government and Public Health England advice. Timings of any changes to the circumstances for hockey will always be led by government advice during the Covid-19 restrictions. Whilst these are the first steps for returning to play, we would encourage everyone to firstly consider the health of themselves and others.

Summary guidance for outdoor hockey – from 1 June 2020

The following is a summary of the full guidance which is available later in this document:

- Follow Public Health England advice for good hygiene at all times
- Maintain 2m social distance (unless you are from the same household)
- Maximum single group size is 6 people (including any coaches)
- Use your own equipment (stick and balls) and avoid touching other equipment (goals etc). If you are doing passing exercises only touch the ball with your stick!
- One-to-one and group coaching is permitted in line with England Hockey safeguarding guidance (included in [here](#))
- Think about how you divide the pitch if more than one group is using it to ensure there is sufficient space between groups. The aim should be to ensure groups have significant space at all times including starting and finishing sessions. Groups should not mix. Coaches should not work across groups.
- Parents should remain in sight of young players at all times whilst maintaining social distancing from others.
- Book online and leave space (10 minutes) between bookings to avoid bottlenecks
- Do not participate if you are required to self-isolate
- Ensure you are appropriately insured and first aid equipment is available.

If you have any questions or feedback please email clubs@englandhockey.co.uk

Full Government Guidance

The following recommendations for Hockey in England have been built from the government advice as follows:

Overarching Government Guidance for Participants:

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation>

Coaches:

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-personal-trainers-and-coaches-on-the-phased-return-of-sport-and-recreation>

Facility Providers:

UK Government: <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-providers-of-outdoor-facilities-on-the-phased-return-of-sport-and-recreation>

Additional advice from the FIH: <http://fih.ch/news/covid-19-fih-issues-guidance-to-ensure-playing-fields-are-ready-when-restrictions-end/>

Government Team Sports Guidance (NEW from 1 June)

People who play team sports can now meet to train together and do things like conditioning or fitness sessions but they must be in wholly separate groups of no more than 6 and must remain 2 metres apart at all times. While groups could practice ball skills like passing and kicking, equipment sharing should be kept to a minimum and strong hand hygiene practices should be in place before and after. Physical contact with anyone outside of your household is not permitted, therefore playing of any games (small sided or full) is also not permitted at this time. Avoid meeting in groups of 6 in busy or overcrowded areas, if it is so busy that it is not possible to maintain social distancing at all times.

Detailed guidance for hockey:

These are not exhaustive and should be read in conjunction with the government guidance above. There are three groups that this advice relates to – Participants, Coaches and Facility Operators.

Participants

- Preparing to play
 - Booking – use electronic booking process or pay online to the venue.
 - Hygiene – in line with government advice wash hands before and after activity and regularly use hand sanitiser.
 - The maximum group size is 6, including coaches and maintaining social distancing guidelines unless you are from the same household.
 - Parents should remain in sight of young players at all times whilst maintaining social distancing.
 - Equipment – use your own equipment – sticks, balls (mark your own with your initials), gumshield, facemasks (if required), goalkeeping equipment (if appropriate) and ensure water bottles full on arrival, do not share equipment and disinfect or leave for 72 hours after use.
 - If you are doing a passing drill only touch any of the balls with your stick. Allow the owner of the balls to collect and disinfect their balls/equipment.
 - Insurance – ensure you are suitably insured for the activity you are undertaking, see England Hockey's Health and Safety advice [here](#).
 - First Aid Provision - Ensure suitable provision is available for first aid. St John's Ambulance advice is available [here](#).
- Access
 - Travel – Ensure you travel on your own or in your household group.
 - Avoid using public transport
 - Arrive as close as possible to when you need to be there
 - Allow others to leave before you enter the pitch - if you need to wait then do so away from the pitch and clear of the gates. Follow one-way systems where they are in place.
 - Ensure you leave the pitch before the end of your allotted time so that the space is empty for the next players.
 - Arrive changed and ready to play. Shower at home, and do not use the venue's changing area.
 - Do not congregate after playing. No extra-curricular or social activity should take place
 - Access to facilities – no inside space (apart from toilets) will be available, ensure you follow the directions and distancing rules as set out by venue.
 - Where possible avoid touching gates/fences/goals unless absolutely necessary.
- Playing
 - Think about how you divide the pitch if more than one group is using it to ensure there is sufficient space between groups. The aim should be to ensure groups have significant space at all times including starting and finishing sessions. Groups should not mix. Coaches should not work across different groups in the same session.
 - Maintain social distancing at all times outside of your household group.
 - Parents/guardians should ideally be limited to one non-participant with strict social distancing between spectators.
 - If you are a junior and undertaking a one to one coaching session a parent / guardian must be present at all times and follow social distancing guidelines.
- After play
 - Equipment and facilities used should be disinfected between sessions. We would recommend only the facility operators moves goals.
 - Good hygiene practice should continue to be followed with equipment disinfected or left for 72 hours.

- If you show symptoms of Covid-19 you should contact anyone you have been in contact with so they can self-isolate in line with government guidance.

Coaches

- The maximum group size (including coaches) is 6. Social distancing guidelines should be followed except if anyone is from the same household.
- One to one and small group coaching sessions are allowed and we strongly recommend that parents / carers should be present for sessions involving young people at this time. This is mandatory for one to one coaching sessions. England Hockey advice on safeguarding is [here](#) and guidance on one to one coaching included in [here](#).
- Parents should remain in sight of young players at all times whilst maintaining social distancing.
- Preparation
 - Coaches should take all reasonable steps to ensure that sessions are as safe as possible.
 - A risk assessment should be undertaken.
 - Bookings should be made online or by phone.
 - Coaches must take a register of all attendees to ensure any track and trace requirements can be easily fulfilled.
- Think about how you divide the pitch if more than one group is using it to ensure there is sufficient space between groups. The aim should be to ensure groups have significant space at all times including starting and finishing sessions. Groups should not mix. Coaches should not work across different groups in the same session.
- Social distancing must be maintained at all times to a distance of at least 2m. Coaches should adapt sessions accordingly following England Hockey guidance. Free online training sessions are being offered to support this.
- Equipment
 - It is recommended that players bring their own
 - Where this isn't possible and the coach provides them:
 - Fresh balls should be used for each session – balls should be stored separately after use and disinfected or stored for at least 72 hours before being used again.
 - Coaches should collect balls or the player return them with stick/feet not hands.
 - No contact between player and other coaching equipment – it is recommended that limited equipment is used if possible.
- First Aid
 - Suitable first aid provision should be provided. St John's Ambulance advice is [here](#).
- Communication
 - Coaches should regularly remind participants (and parents/guardians where appropriate) of the expectations and standards required.
 - Coaches should ensure that the venue has the necessary standards in place before deciding to use the venue and on arrival and departure.
- If you show symptoms of Covid-19 you should contact anyone you have been in contact with so they can self-isolate in line with government guidance.

Facilities

- It is recommended that club venues carefully consider the cost/benefit of opening at this stage.

The circumstances of your venue and the wider financial position (particularly linked to staff where furloughed) should be explored before deciding to open.

- Preparation:
 - Facilities should carefully follow government advice on facility opening.
 - This should include a Covid-19 Risk Assessment
 - Cleaning – suitable cleaning and hygiene arrangements should be put in place.
 - Bookings should be made online or over the phone.
 - Indoor facilities:
 - Should remain closed – clubhouses and changing rooms should remain closed except where it is necessary to access essential systems (e.g. lights/watering systems).
 - Toilets – where easily accessible, could be opened in line with guidance but should be cleaned between sessions with appropriate cleaning fluids and water available.
 - Outdoor facilities:
 - Prepare for sessions with equipment ready and in right place aiming for there to be no contact for players/coaches with doors, gates, fencing, goals wherever possible.
 - First aid equipment accessible and facility operator or St John's ambulance advice followed. See [here](#).
 - Hand sanitisers should be made available and facility operators clean all common use areas in between sessions.
- Running activity
 - Think about how you divide the pitch if more than one group is using it to ensure there is sufficient space between groups. The aim should be to ensure groups have significant space at all times including starting and finishing sessions. Groups should not mix. Coaches should not work across different groups in the same session.
 - Parents should remain in sight of young players at all times whilst maintaining social distancing.
 - It is recommended to leave time between bookings (10 mins) or stagger bookings to allow for minimal opportunity for bottlenecks to occur.
 - Leave gates / doors open and consider a one-way system if possible (in / out)
 - Consider parking arrangements and maintaining distancing wherever possible including marking 2m distancing if you can.
 - Standard England Hockey safety advice should be followed [here](#).
- Communication
 - Facility operators should provide clear signage and regular reminders for participants of Covid-19 guidelines.
 - Facility operators should ensure that clear and regular communication is in place with coaches reminding them of standards required.
- After
 - Facility operators should disinfect equipment and places that have been used.
- If any users of the venue or venue staff show symptoms of Covid-19 you should contact any users of the venue so they can self-isolate in line with government guidance.