



Phase 2: Scottish Hockey GUIDELINES – RETURN TO PHYSICAL ACTIVITY

These guidelines apply to Scotland only, and have been produced in line with the Government guidance on public spaces, outdoor activity and exercise published on 18 June 2020, which can be viewed at; [Scottish Government: Exercise & Activity Guidance](#)

A. INTRODUCTION

On the 21st May 2020, the Scottish Government published [Scotland's COVID-19 route map through and out of the crisis](#), which sets out the order plans to relax restrictions.

Based on our discussions with Scottish Government/**sport**scotland and following the easing of lockdown restrictions, Scottish Hockey has developed a set of practical guidelines for clubs and participants to follow so that hockey can happen in Scotland during lockdown, where the local environment allows.

These guidelines apply to hockey, and outdoor adaptations, so that hockey can happen in a way that is in line with Scottish Government advice, and helps to prevent the spread of Coronavirus (COVID-19).

As a governing body we are looking at the changes to restrictions as an opportunity to increase our hockey activity, and begin the planning process for a return to training following the guidelines set out within each phase of the Scottish Government road map.

We would like to encourage our clubs and members to work with us on this to ensure we are all in the best place possible when we have the opportunity to return to the sport we love. Our facility owning clubs will be working with us to ensure a safe reopening of pitches but please be patient as this process will require time and thought. We have been in discussions with them already and will continue to do so over the next few weeks. Our clubs who access facilities through external partners should contact their local Regional Development Manager to discuss the next steps.

Currently the guidance we have received from Scottish Government and **sport**scotland is that a hockey surface should be looked upon as a whole surface and not subdivided to allow more than three households to access the facility at once. Scottish Hockey has submitted a detailed paper on this outlining how subdividing the pitch could work safely and effectively, and we await a response on this in the short term to ensure closer comparison with other sports.

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Hockey venues/facilities across the country are often different and operate in different local contexts and can be club, private or local authority run. Assessing whether safe exercise can be provided depends on a range of factors, which apply differently at each venue/location.

It is the responsibility of each venue, club and participant to risk assess based on their local environment.

Scottish governing bodies (SGB's), clubs and participants should be aware that the easing of restrictions does not mean that all facilities/venues will open immediately. Owners and operators will require time to consider all the implications of opening facilities/venues and put plans in place to re-engage staff and to set up operations that ensure the safety of participants, staff and volunteers. This is a difficult time for everyone so please be patient.

Some sporting activities can now be undertaken outdoors, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – you will also need to make sure that your club, facility and participants are made aware and can adapt to changes in guidance at short notice. Information on the Scottish Government's approach to managing covid-19 is available at [Scottish Government: Coronavirus in Scotland](#).

People who are shielding should not visit venues or undertake activities. Further information is available at [Scottish Government: COVID-19 Shielding support & contacts](#).

People who are symptomatic should self-isolate for 7 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

B. GENERAL GUIDELINES

1. Travel restrictions outlined by the Scottish Government should always be adhered to. You can drive within the local area for the purposes of undertaking outdoor exercise and physical activity. As a guide, rather than a fixed limit, broadly 5 miles from your home would be within your local area. Up to date guidance is available at [Scottish Government Phase 2: Staying safe and protecting others](#).
2. At all times, participants and facility operators should adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others.
3. Only outdoor facilities should be opened, with all indoor areas remaining closed including changing rooms, toilets, exercise rooms/halls and social areas.
4. Clubhouses should only be opened for operational purposes e.g. to switch on floodlights, maintenance checks and to undertake essential work unless;
 - 4.1 the area of play can only be accessed through the clubhouse. In such cases the club must ensure that players enter and exit one at a time, ensuring physical distancing guidance is always adhered to.

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- 4.2 Where personal equipment needs to be retrieved from the club/facility one-off arrangements can be made in exceptional circumstances. In such cases physical distancing should be maintained and appropriate hygiene practices put in place.
5. All social spaces and gyms should remain closed.
 6. Clubs, deliverers, and operators should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.
 7. Guidelines will be updated as we progress through the different phases of the Scottish Government route map. Please ensure to check the official Scottish Hockey position [HERE](#) on a regular basis to stay abreast of the latest guidelines.
 8. Furloughed staff
 - It is for each venue/club employer to decide when it is the appropriate time to return staff to work from the [Coronavirus Government Job Retention \('furlough'\) scheme](#).
 - A furloughed employee can take part in volunteer work if they do not provide services to or generate revenue for or on behalf of or linked to your club/organisation.
 9. Guidelines will be updated as we progress through the different phases of the Scottish Government Covid-19 route map. Current information is available at [Scottish Government: Covid-19 Framework for decision making](#) .

C. PROCEDURES FOR FACILITY OPERATORS & CLUBS

Sports Courts

- a. Venues and clubs may re-open all outdoor sports areas, courts and pitches from the 29 June 2020 if documented risk assessments are undertaken and all appropriate measures are put in place to ensure the safety of participants, staff and volunteers. Indoor areas remain closed.
- b. Outdoor group training or play is not permitted other than where it meets specific Professional & Performance Sport Resumption Guidance .
- c. Activity or exercise undertaken in sports areas, courts and pitches must fully comply with Scottish Government household, physical distancing and travel guidance with appropriate hygiene and safety measures also in place (see below).
- d. Groups using a hockey pitch should be made up of a maximum of three households (or extended households) (maximum 8 people) with 2m physical distancing in place at all times. This then excludes these household groups from meeting any other households that same day.

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- e. Scottish Government guidelines state that only one group should use the hockey pitch at a time (maximum 8 people up to 3 households), with appropriate time gaps between groups to allow for cleaning and to ensure groups do not meet each other.
1. Ensure your facility management team or club committee has put in place appropriate mechanisms for overseeing operations and risk management. Venues should only open when it is safe to do so. Only outdoor facilities should be opened, with all indoor areas remaining closed including changing rooms, toilets, exercise rooms/halls and social areas.
2. **sportscotland** has produced the Getting your Facilities Fit for Sport guidance to help owners and operators of sports facilities as they prepare for when sport/activity resumes. The guidance is applicable to all phases of the Scottish Government route map, and can be adapted to support other planning-based work being undertaken by sports, clubs and community organisations.
3. Small retail units operated by venues/sport clubs may reopen from the 29 June 2020 provided all specific Scottish Government guidance for retailers is in place and adhered to. Further information will be provided by Scottish Government closer to the time.
4. Risk assessments should be carried out and documented for all activities and facilities. Consider safety first, particularly minimising the risk of infection/transmission and following Scottish Government guidance regarding health, hygiene, travel, and physical distancing. A risk assessment template is available from <https://sportscotland.org.uk/covid-19/getting-your-facilities-fit-for-sport-resources/>
5. Any measures venues put in place to enable activity to resume must be flexible and able to adapt quickly if tighter movement/physical distancing is reintroduced in the future, or when restrictions are further relaxed.
6. Limits on the number of participants accessing outdoor facilities should be risk assessed to ensure appropriate social distancing can be maintained. This should take into consideration that at phase 2 you can meet with up to two other households (or extended households) at a time outdoors, and no more than 8 people in total at a time.

Health, Safety & Hygiene

7. Ensure usual access to first aid and emergency equipment is maintained. As there is no access to indoor facilities allowed, consideration should be made to house first aid equipment externally. Please ensure the first aid equipment has been updated appropriately for the COVID pandemic and first aiders have undertaken appropriate additional training.

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8. Make hand sanitisers or wipes available for use at the entrance/exit to venue/facility where possible. Hand sanitiser should be at least 60% alcohol based and ensure detergent wipes are appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent.
9. Clean all common touchpoint surfaces (gates, door handles, handrails etc) regularly, wearing disposable gloves
10. A checklist of considerations and actions is available here: [Getting your Facilities Fit for Sport](#)
11. Detailed guidance is also available at;
[Health Protection Scotland: General guidance for non-healthcare settings](#)
[UK Government / HPE: Cleaning in a non-healthcare setting](#)
[Health Protection Scotland: Hand hygiene techniques](#)

Facility Access / Physical Distancing

12. Ensure measures are in place to minimise encounters between participants, including in car parks and at entrances.
13. Clubs/facilities should manage the number of participants accessing the activity or facility to ensure the safety of users.
14. Where safe and appropriate, doors and gates should be left open during activity hours.
15. Consider different entry and exit routes to the facility where possible and ensure this is clearly marked.
16. Consider marking 2m distances at appropriate points, such as the entry gates to the facility.
17. A checklist of considerations and actions is available here: [Getting your Facilities Fit for Sport](#)

Equipment

18. Participants should, where possible, use their own personal equipment and ensure appropriate hygiene rules are adhered to.
19. Where shared equipment is used appropriate hygiene measures must be put in place to ensure equipment is thoroughly cleaned before, during, and after use.
20. Hand sanitiser should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent.
21. Where possible, ensure all equipment is checked prior to use to avoid participants having to adjust or touch it.

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22. Remove unnecessary equipment from the venue/facility e.g. benches/scoreboards.
23. No personal equipment should be left at the facility by the participant once activity has ended.
24. All dugouts should be closed off and not used during activity
25. Bins may be provided but should be regularly checked, cleaned/sanitised, emptied and disposed of using appropriate personal protective equipment.
26. All fixed equipment should be checked prior to use to avoid participants having to adjust or touch it.
27. Where shared equipment is necessary for an activity appropriate hygiene measures must be put in place to ensure the equipment is thoroughly cleaned before, during and after use.
28. No personal equipment should be left at a facility by a participant once the activity has ended.
29. Where balls are used in sports areas, courts and pitches (after 29 June 2020) a risk assessment should be undertaken to ensure measures are put in place to minimise uncovered body contact. Appropriate hygiene protocols should be undertaken including hand hygiene and regular cleaning of balls before, during and after exercise.

Competitions

30. The initial focus is on facilitating recreational and social participation.
31. Some formats of organised competition may be able to resume before others, but further information will be provided at the appropriate time and in line with Scottish Government directives.
32. Club competitions or events where groups of more than three households (or extended households) (maximum of 8 people) congregate at any one time are not permitted.
33. Competitions should only be undertaken locally and informally at your own club where household, physical distancing and hygiene measures are in place.
34. Travel to a competition out with your locality (broadly five miles) is not permitted.

Bookings & Payment

35. Where possible operate electronic bookings/payments for sessions. Avoid cash handling.

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36. Implement a short buffer period (e.g. 10 minutes) between booking slots to allow time for participants to leave before the next participant arrives.
37. Stagger the start time of bookings so that participants do not all arrive/leave at the same time.

Communication

38. Communicate with members/customers clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow.
39. Ensure signage on guidelines for participating safely and promoting hygiene measures is clearly displayed (and ensure these remain up to date as restrictions change) Download Scottish Hockey signage [HERE](#).

Coaching

Guidance for coaches, leaders, personal trainers, and instructors is available at [Getting your coaches ready for sport](#) .

40. It is the responsibility of each venue, club and coach to ensure documented risk assessments, based on local circumstances, are completed prior to any activity taking place. Consider safety first, particularly focusing on minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are protected at all times.
41. Coaches should not deliver training to more than 2 households (or extended households) at any one time or provide coaching to more than 2 households (or extended households) per day.
42. A maximum of 8 people, including the coach and participants from up to two other households (or extended households), can participate in a session. Physical distancing and hygiene measures must be fully implemented and maintained.
43. Coaches can, for paid work purposes, travel beyond 5 miles.
44. Volunteer coaches and participants can only drive within their local area for the purposes of undertaking outdoor exercise and physical activity. As a guide, rather than a fixed limit, broadly 5 miles from your home would be within your local area.
45. Coaching of people who are shielding is now permitted, provided it takes place outdoors and physical distancing and hygiene guidelines are strictly observed.
46. Further guidance on appropriate steps for providing coaching are available at [GETTING SPORT READY FOR COACHING](#) and in the coming days we will have session content for coaches available on the [Scottish Hockey website](#). In order to support our coaches during

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this time we will be delivering in partnership with other home nations coach webinars on how to deliver socially distant hockey activity. Please visit <https://hockeyhub.scottish-hockey.org.uk/> to book a place.

Spectators

47. Spectating should be discouraged. Where attendance of a parent or guardian (non-participant) is required, it should be limited to one per participant where possible, with physical distancing strictly observed while watching the sessions.

D. PROCEDURES FOR PARTICIPANTS

The following guidance has been established in line with Scottish Government guidelines to ensure a safe environment for participants and on-site staff which Scottish Hockey asks participants to follow. All guidance is subject to change; therefore, we would ask participants to regularly check the [Scottish Hockey website](#) and your venue/club for regular updates.

1. Where possible avoid public transport. No car sharing/pooling, and don't travel further than 5 miles.
2. Arrive ready to play – no more than 5 minutes before the start of the session.
3. Bring your own stick, gum shield, shin pads and water bottle. Do not share food and drink with others.
4. Ensure hands have been washed for at least 20 seconds before leaving home (or use hand sanitiser/alcohol gel if washing hands is not possible)
5. Maintain 2 metres social distance at all times.
6. Make your way straight to the training area using the one way system.
7. On entering the training area make your way to your designated spot.
8. Do not touch equipment – no one except the coach should touch balls, cones, goals.
9. At the end of the session listen to coach's instruction and leave immediately using the one way system. Ensure you take all personal belongings and equipment with you.
10. On exit wash/sanitise your hands.

Disclosure - It is your (the participant's) responsibility to make the coach aware of the following:

- If you are in the high risk/vulnerable group category
- If you live with someone that is in the high risk/vulnerable group category

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- If you have had any symptoms or come in to contact with anyone who has had covid-19 since the last session

*If any of the above is true or if you are shielding we advise that you do not attend training.

Please note, guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of guidelines on the [Scottish Hockey website](#).

Before Participating

1. These guidelines should be read in conjunction with any updated Scottish Government guidance on health, physical distancing, and hygiene. Participants should be aware of and adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland Guidance](#) .
2. People who are shielding can now undertake outdoor exercise activities. Further information is available at [Scottish Government: Staying safe outdoors](#) . People who are symptomatic should self-isolate for 7 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.
3. Where possible avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines: [Scottish Government Phase 2: Staying safe and protecting others](#) .
4. At all times, participants should adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others.
5. Guidelines will be updated as we progress through the different phases of the Scottish Government route map. Please ensure to check the official Scottish Hockey position at [the Scottish Hockey website](#) on a regular basis to stay abreast of the latest guidelines.
6. Wash your hands with soap and water for at least 20 seconds before leaving home to go to the facility/venue (or use an alcohol gel if washing hands is not possible). Information on hand hygiene is available at: [Health Protection Scotland: Hand hygiene techniques](#)
7. Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of guidelines on the [Scottish Hockey website](#).

Bookings and Payment

8. Where the venue/facility allows, ensure you have booked in advance and make payment online. Where possible try to avoid paying by cash.
9. Participation can only take place outdoors with all indoor facilities remaining closed.

Personal Equipment

10. Where possible take your own equipment with you and do not share equipment.
11. Only take the minimum amount of equipment that you need to participate.
12. Clean and wipe down your equipment, including water bottles before and after use.
13. Bring a full water bottle, and do not share food or drink with others.
14. Ensure you take all personal belongings and equipment with you at the end of the session and do not leave anything at the venue/facility.

Travelling to and from the venue

15. Where possible avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines: [Scottish Government Phase 2: Staying safe and protecting others](#) .
16. Arrive as close as possible to when you need to be at the venue/facility.
17. Avoid touching gates, fences, benches, etc. if you can.
18. Allow others to leave before you enter the venue/facility. If you need to wait, then do so away from the facility and clear of the gates.
19. Ensure you leave the facility before the end of your allotted time so that it is empty for the next participant.
20. Arrive changed and ready to participate. Shower at home as the facility changing rooms will be closed.
21. Do not congregate with others and adhere to physical distancing rules. No extra-curricular or social activity should take place.

During Participation

Participation Limits

22. A maximum of 8 participants can take part in activity together, these people can be from no more than 3 separate households. Scottish Government guidance on physical distancing and maximum numbers of households must be adhered to at all time.
23. Always stay at least two metres away from other participants including during participation, when taking breaks and before and after participation.
24. Do not make physical contact with other participants (such as shaking hands or high five).

Equipment & Facilities

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25. Use your own clearly marked equipment.
26. Avoid using your hands to pick up equipment that isn't yours i.e. someone else's hockey stick or face mask.
27. Avoid using other equipment such as benches.
28. Be aware that onsite toilet facilities and other indoor spaces are not open.

Health & Hygiene

29. If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds.
30. Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.
31. If you have children with you; you can exercise with members of your household, including children, or with members from up to two other households (or extended households), with a maximum of 8 people participating in total.

Spectators

32. Spectating is discouraged. Where attendance of a parent or guardian (non-participant) is required, it should be limited to one per participant where possible, with physical distancing strictly observed while watching the sessions.

Competitions

33. The initial focus is on facilitating recreational and social participation only.
34. Competitions or events where groups of more than three households (or extended households) (maximum of 8 people) congregate at any one time are not permitted.
35. Competitions should only be undertaken locally at your own club where household, physical distancing and hygiene measures are in place.
36. Travel to a competition out with your locality (broadly five miles) is not permitted.