



Planning for a Restart to Hockey Training:

PLEASE NOTE: THIS GUIDANCE HAS NOW BEEN UPDATED TO REFLECT PHASE 3 GOVERNMENT ADVICE, AND MAY CONTINUE TO BE REVISED AT SHORT NOTICE. CLUBS SHOULD CONTINUE TO CHECK FOR THE MOST UP TO DATE ADVICE.

WHILE WE APPRECIATE THAT THE EASING OF RESTRICTIONS THROUGH PHASE 1 – 3s HAS BEEN RELATIVELY SWIFT, PLEASE BE PREPARED FOR A POTENTIALLY LONGER LEAD TIME TRANSITIONING BETWEEN PHASES 3 & 4 AS OUTLINED BY SCOTTISH GOVERNMENT ON 09/07/20.

As we move into Phase 3 of the Scottish Government lifting lockdown restrictions, and indicative dates being published for various age groupings returning to on pitch activity, we would like to reiterate that our first concern is to ensure that clubs are in the best possible position to return safely to some form of training.

Given that U12s, 12-18s and adult groupings have different restrictions placed on them during this phase, the potential for different interpretations of government guidance has increased. Therefore we would strongly advise our clubs to read our updated planning guidance below that will provide further understanding of what will be needed in order to return to the training safely. Guidance will include; participant checklists, guidance on how to safely set up a training session, and social distant session content that will be made available to all clubs.

This list is not exhaustive and will continue to change based on Government and sportscotland advice.

Scottish Hockey will also commit to providing updated and clear guidance on any easing of lockdown as soon as possible after the Scottish Government makes any announcement. Our Regional Development Managers will work with clubs to provide updated guidance where required.

- **Facilities:**

For our facility owning clubs please ensure you have read through our facility checklist via <https://www.scottish-hockey.org.uk/covid-19/> and the **sportscotland** guidance on getting your facilities fit for sport <https://sportscotland.org.uk/covid-19/getting-your-facilities-fit-for-sport/>



For clubs who use facilities owned by others:

Who owns your currently facility?

- Will it be open and accessible to train?
- Is there a social distancing booking policy (timings of sessions etc)?
- Do you have contact details for the facilities' Covid-19 officer / key contact?
- What is the future booking process after lockdown?

If your facility is not available what other options do you have? Grass, MUGA (multi use games area), concrete areas, etc?

- Who owns these facilities?
- Can you book them, if yes what is the process?
- Does the facility provider have their own risk assessment and have you seen it / have a copy of it?
- Toilet facilities will be closed so shorter sessions will be required

Familiarise yourselves with facility first aid requirements and ensure additional first aid cover is able to be provided by club members if not provided by the facility. [HSE First Aid Advice](#)

- **Planning for Player & Volunteer Safety:**

Before training clubs MUST:

Ensure they have full and up-to-date medical information for all members, in order that any members who is potentially in an "at-risk" category (according to government criteria) can be advised correctly on attendance at training.

Venue risk assessments should be fully up to date and account for any COVID-19 specific related risks. [Sportscotland Facilities Resources](#)

Clubs should then consider the following in the planning process:

- Who's taking the lead on planning to ensure a whole club approach to the restart?
- How will you communicate any messages or guidance to your members, what's the best approach to ensure everyone is updated regularly

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- Consult with members on whether they would like to wish to train during a particular phase. This can be done via a membership questionnaire. This will assist with:
 - Assessing whether training is financially viable (given potential for reduced numbers and reduced session duration)
 - Management of numbers attending each training session
 - Designing session plans with social distancing in mind
 - Organising pre-registration for training sessions. Players should not be attending sessions without coaches' prior knowledge.
 - Training session length and the gap between sessions to ensure compliance with Scottish Hockey's Phase 3 social distancing guidelines.
 - How to manage group sizes:

The infographic provides detailed guidelines for training sessions across three age groups: U12, U18, and Adults. It includes a central diagram of a hockey pitch divided into four zones (1, 2, 3, 4) and various safety icons like a thermometer, face mask, hand sanitizer, and car.

General Guidelines:

- Adults should maintain 2m of social distance unless you are from the same household.
- U12s are not required to social distance.
- U18s are not required to social distance on the pitch only.
- Do not participate if you are required to self isolate.
- Wear a face covering when indoors.
- Ensure hands have been washed for at least 20 seconds.
- Bring your own stick, face mask, gum shield, shin pads and water bottle etc.
- Where possible avoid public transport. No car sharing/pooling.

U12 Guidelines

- No social distancing required before, during, or after sessions.
- 4 zones remain – initial cautious approach to return.
- 10 players + 1 coach per zone (44 participants max).
- Participants must stay in their group but groups can rotate zones.
- Max 3 hour sessions.
- Coaches can deliver more than 1 session per day.
- No spectating within playing area or immediate surrounding area.
- 2m buffer area between zones.
- Participants should not enter another zone during play.

U18 Guidelines

- No social distancing required during sessions, subject to guidance.
- Social distancing required before and after sessions (outside the hockey pitch you have to follow general government guidelines).
- 4 zones remain – initial cautious approach to return.
- 10 players + 1 coach per zone (44 participants max).
- Participants must stay in their group but groups can rotate zones.
- Coaches can deliver more than 1 session per day.
- Max 3 hour sessions.
- No spectating within playing area or immediate surrounding area.
- 2m buffer area between zones.
- Participants should not enter another zone during play.

Adults Guidelines

- Max 10 people in each playing zone.
- Max 5 households in each playing zone.
- Coaches count as 1 household.
- Social distancing required.
- 4 zones remain
- Coaches should not deliver sessions to more than 4 adult households per day.
- No spectating within playing area or immediate surrounding area.
- 2m buffer area between zones.
- Participants should not enter another zone during session.
- Max 3 hour sessions.

- How many coaches and volunteers do the club currently have, how many are able and willing to return to club activities and what availability do they have. This will allow the club to plan effectively on how many sessions they can cover per week with existing staff
- For clubs that employ staff, the club should ensure they are fully aware of timescales for return to work if the staff member has accessed the job retention scheme of self-employed benefits
- Clubs should devise a process that would allow members to provide simple feedback after each session to ensure they feel safe at all times and are willing to return to training.



Youth Holiday Camps: Phase 3 guidelines regarding session length may allow clubs to consider planning longer duration programmes such as holiday camps. Session length should be no greater than *3 hours*, with delivery of two sessions during a day (morning / afternoon) being considered separate camps with separate registration procedures.

However, careful consideration should be given to this based on:

- Availability of facilities (and facility guidelines)
- Is delivery realistic / financially viable given potentially shortened notice periods for participants?
- Availability of coaches and numbers required to deliver sessions safely
- Can equipment be cleaned between sessions?

Once we have confirmed by Scottish Government that further lockdown restrictions will be eased we are committed to providing our clubs and members clear guidance on how this affects our sport specifically as soon as possible after any announcement being made. Please use the above planning considerations to be proactive and ready to return to training when this is possible. Our team of Regional Development Managers are here to support you in this process where needed so please feel free to contact them directly with any questions you have, contact info can be found here: <https://www.scottish-hockey.org.uk/clubs/>

Useful Links:

Scottish Government routemap for moving out of lockdown:

<https://www.gov.scot/news/moving-to-phase-3-of-lockdown-route-map/>

Social Distancing:

<https://www.gov.scot/publications/coronavirus-covid-19-guidance-on-reopening-school-age-childcare-services/pages/outdoor-spaces/>

Guidance on First Aid:

<https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>

Covid-19 Guidance for non-health care settings:

<https://www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/>



**COVID – 19 RETURN TO PLAY QUESTIONNAIRE
(TEMPLATE FOR CLUBS)**

Please note that these are just suggested questions for club surveys, and clubs are welcome to pick and choose the questions they wish to use in any communication to clubs regarding a return to play.

- 1) Name (could be done as anonymous)**
- 2) Club Section (please tick)**
 - a. Men
 - b. Ladies
 - c. Youth
- 3) Would you currently be considered in an “at-risk” category, based on government guidelines?**
 - a. Yes
 - b. No
 - c. Unsure
- 4) If medical and facility guidance meets appropriate safety levels would you be willing to train?**
 - a. Yes
 - b. No
 - c. Unsure
- 5) In what role would you be attending training:**
 - a. Player
 - b. Coach
 - c. Other non-playing volunteer
- 6) Do you have any vulnerable people in your household to consider?**
 - a. Yes
 - b. No



7) Are you currently working, on furlough leave of studying, other? (please state)

- a. Key Worker
- b. Working
- c. Working from home
- d. Furlough
- e. Studying
- f. Other

8) Would you be prepared to make an additional contribution to cover training costs in the short term, to help the club cover costs for sessions based on restricted numbers?

- a. Yes
- b. No
- c. Unsure
- d. Would depend on the cost

9) Do you have access to the following equipment?

- a. Stick
- b. Ball

THANK YOU FOR TAKING THE TIME TO COMPLETE THIS SURVEY. THIS WILL HELP US MAKE PLANS TO RETURN TO THE PITCH