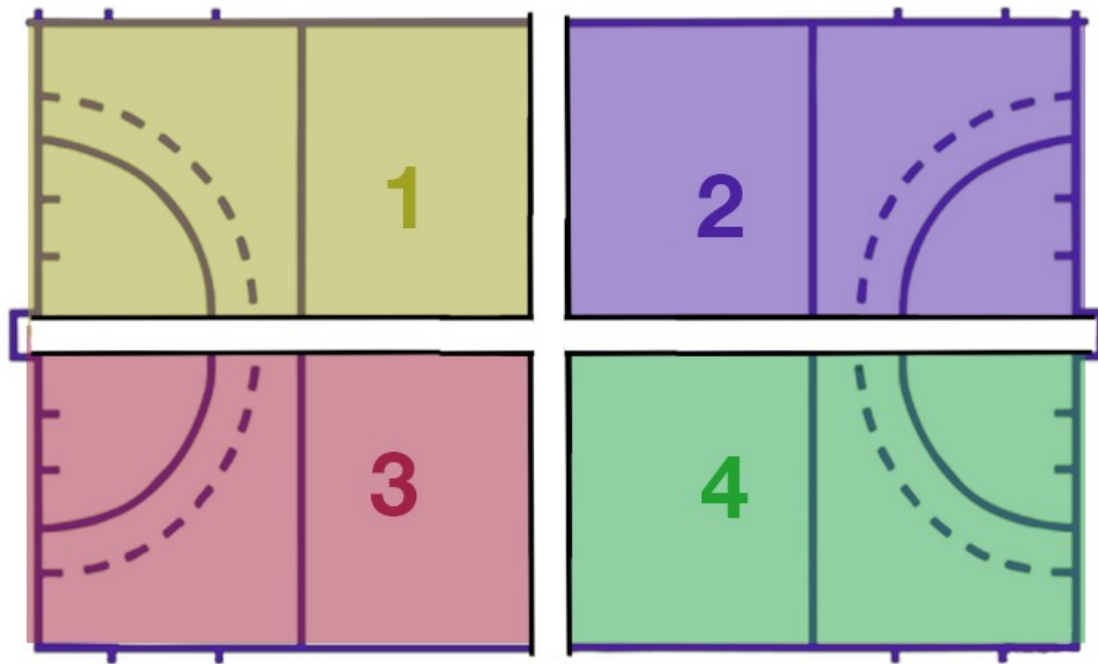
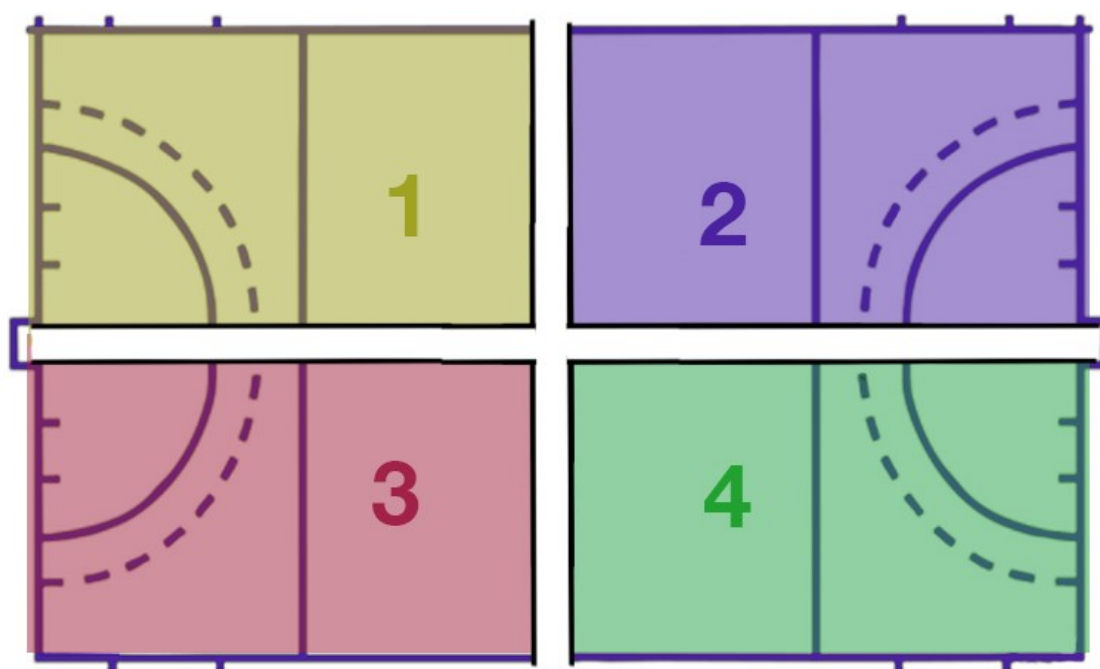


U12 Pitch Capacity



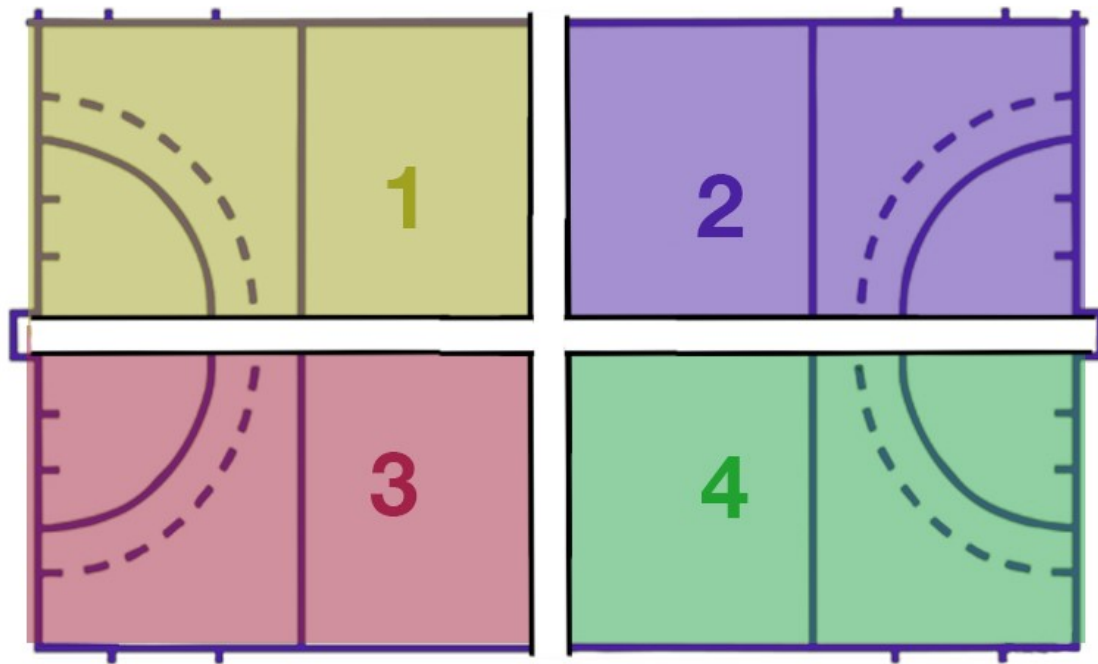
- No social distancing required before, during, or after sessions.
- 4 zones remain – initial cautious approach to return.
- 10 players + 1 coach per zone (44 participants max).
- Participants must stay in their group but groups can rotate zones.
- Max 3 hour sessions.
- Coaches can deliver more than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

U18 Pitch Capacity



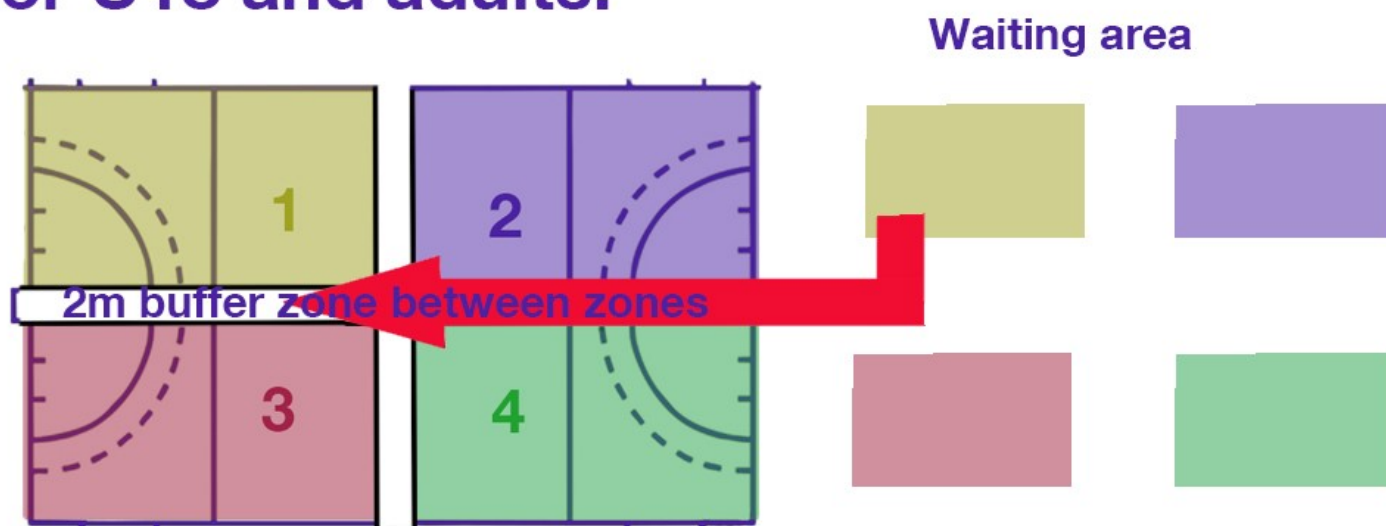
- **No social distancing required during sessions, subject to guidance.**
- **Social distancing required before and after sessions** (outside the hockey pitch you have to follow general government guidelines).
- **4 zones remain – initial cautious approach to return.**
- **10 players + 1 coach per zone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

Adult Pitch Capacity



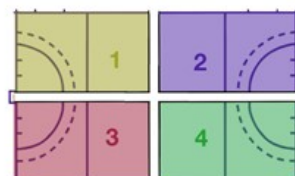
- Max 10 people in each playing zone.
- Max 5 households in each playing zone.
- Coaches count as 1 household.
- Social distancing required.
- 4 Zones remain.
- Coaches should not deliver sessions to more than 4 adult households per day.
- No spectating within playing area or immediate surrounding area.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

Pitch access & exit for U18 and adults.



- All users should gather in designated area out with playing zones.
- Session groups should enter one at a time in numerical order, using a 2m buffer zone between zones.
- Session groups should exit one at a time, starting with the zone closest the exit point. Each zone should exit in a clockwise motion using the 2m buffer zones between zones.
- Seperate entry and exit points should be used where possible.

Outdoor sports courts can reopen if facilities meet national government guidelines. Pitches can be divided into 4 zones with a 2m buffer area between them.



- 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.

Bring your own stick, face mask, gum shield, shin pads and water bottle etc.



Groups of up to 10 + 1 coach are allowed to meet for 3 hours max. On pitches these groups can meet in each of the 4 zones. Groups can rotate zones.

Ensure hands have been washed for at least 20 seconds (or use hand sanitiser/alcohol gel if washing hands is not possible)



Do not participate if you are required to self isolate.

Where possible avoid public transport. No car sharing/pooling.



On 15 July indoor hospitality space can reopen if they meet guidelines. Wear a face covering when indoors.

It's everyone's responsibility

During Phase 3, the various changes that are due to come into effect will result in larger numbers of people moving around and coming together across a variety of settings and sectors, both indoors and outdoors. This will give the virus more opportunities to spread. There is a risk of outbreaks and while we should strive to avoid them, we must also prepare for them and our Test & Protect system will help us to contain them. Staying safe and keeping others safe is as important as ever which is why, for example, we have made face coverings mandatory on public transport and in shops. And it is especially important to be considerate of people whose health conditions mean that they haven't been able to enjoy the easing of restrictions that the rest of the population has benefited from.

To prevent spread of the virus we should all follow the FACTS. It is the sum of our individual actions, our collective endeavour, that is suppressing the virus.

FACTS:

Face coverings.

Avoid crowded places.

Clean hands regularly.

Two metre distance.

Self isolate and book a test if you have symptoms.

Remember **FACTS** for a safer Scotland

F
A
C
T
S

Face coverings



Avoid crowded places



Clean your hands regularly



Two metre distance



Self isolate and book a test if you have symptoms



nhs.uk/inform/scot/coronavirus
#WeAreScotland

