CHECKLIST

1. Arrive ready to play – no more than 5 minutes before the start of the session.

2. Ensure hands have been washed / sanitised. (Participants must bring their own hand sanitiser, unless instructed otherwise by their club / coach)

3. Maintain 2 meters social distance from participants not in your session and once you have left the pitch

4. Make your way straight to the training area using the one way system.

5. Do not touch equipment – no one except the coach should touch balls, cones, goals.

6. 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.

7. On exit wash/sanitise your hands.

8. Scottish Government information is available at Scottish Government: https://www.gov.scot/coronavirus-covid-19/

9. Be aware that guidance can change, and restrictions may be reintroduced - ensure you have checked the latest version of guidelines for your activity.

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
- 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 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 WWW.SCOTTISH-HOCKEY.ORG.UK.