

## Indoor facility Covid guidance

The following guidance has been created to reduce risk of transmission of Covid during indoor season 21/22. This are baseline guidance for generic scenarios and will not cover every possible environment. Clubs are asked to remain vigilant to any increased risks on game days and should take further steps as they feel required for their team to stay safe.

Venues must conform to Scottish Government [indoor sport guidelines](#) and have appropriate risk assessments with mitigating measures to reduce risk and protect participants.

Facility specific advice is included at the end of this guide and is available on request at each venue.

### General standards:

- In line with Scottish Government advice please wear masks when indoor in public spaces.
- Remain 1 metre apart from other participants when not playing the game.

### Pre-game

Please take a Lateral Flow Test at most 24 hours prior to any game. If you or any of your team mates are displaying symptoms of any kind they should not travel or play until a PCR test has been taken.

Teams should encourage all participants to bring personal hand sanitiser.

Travel plans remain a club decision.

### Arrival

Team talks should be delivered in well ventilated areas and not block access to areas.

### During matches

Masks are not compulsory for players or substitutes during game time.

1 metre physical distancing should remain on the substitute's bench.

Participants are not to approach within 2 metres of the TD table unless invited.

At the end of a game each team should sanitise their own bench and area with suitable cleaning fluid. Failure to do so will endanger others and should be reported to TD who will inform the Scottish Hockey competitions team.

Team mangers should bring their own pen and sanitise hands before and after signing team sheet.

### Between Games

Teams should base themselves within an area at least 1 metre away from any other group and remain within the vicinity when waiting for their next game.

TD support from participants is required – please follow TD instructions on the day for Covid safety.

### Post Game

Once a club's games are complete for the day they are encouraged to leave the venue to further reduce any opportunity for transmission.

Changing facilities and showers will be limited to a maximum number – please consider this when planning access.

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### Venue specific guidance

The following is information provided directly from the venues:

#### D.I.S.C

Masks & Sanitising – Masks must be worn when moving around the building unless exempt, there are sanitising stations located as you enter and throughout DISC including on the outside wall of Sports Hall

Movement when not playing in a game – This is perfectly acceptable as long as masks are worn

Touch Points – The sports hall will be cleaned/sanitised and disinfected before and after your booking and DISC staff also clean touchpoints in toilets every hour

Spectating – This is allowed on the balcony but all spectators must wear masks and be socially distanced 1m apart

We also have Changing Room Guidance that we expect to be consistently met.

- Changing Rooms will house a maximum of 8-16 people (8 in the smaller changing rooms, 16 in the larger ones)
- Access to changing rooms will not be allowed until 15 minutes before booking.
- All Coaches and Players must wear a face mask when in the building and changing rooms.
- Time will be limited in the changing rooms to between 5-15 minutes. No meeting in there and no team talks (these must be done on hall/pitch)
- All coaches and Players are expected to spend as little time showering and changing as possible.

All belongings must be removed from the changing room and placed in the lockers during your match time to allow our staff to disinfect the changing room.

#### PEAK

Due to the excellent ventilation in the hall, there are no concerns with numbers for your booking. There isn't a set limit for the number of spectators, however if you can give us an indication of spectator numbers in advance that would be helpful. As with other facilities, masks would still be required to be worn unless exempt in all communal areas and when not participating in fixtures, if this message could please be enforced. We will ensure that the activity area is cleaned before and after your use, however you would be responsible for the cleaning of touchpoints and any equipment within the hall for the duration of your booking. Changing rooms will be available for use in the sports hall corridor as normal.

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### Venue specific guidance

#### Bells

Wearing of face coverings unless exempt for all spectators. Players must also wear masks while walking around the venue and are only permitted to remove them when they go on court to play matches.

Regular sanitising / washing of hands

Spectators to check in to Test and Protect via the QR posters around the venue. You must be able to provide Test and Protect contact details of all the players/ officials attending if requested. If you can't just ask everyone to check in via our QR code posters.

Give people space wherever possible

Measures to stop people crowding / gathering in areas you don't want them to i.e corridor between link up and Reception, back corridors etc

Consideration needs to be given to stop people crowding / gathering in areas you don't want them to i.e corridors etc

**Whilst there is no restrictions on numbers attending we still have limits on ventilation specifically CO2 readings.** My staff will monitor CO2 readings throughout the day. 1000ppm is the recommended guide and normal air is about 400ppm. We don't envisage it will go above 1000ppm in the Arena but it is possible in the Coaching Hall.

In the event this becomes an issue we would be required to improve ventilation by opening fire doors in the Coaching Hall. This will make the hall cooler which may not be well received by players but it's essential to avoid having to stop play.

In the Arena we can open the roller shutter door and have an industrial size fan to blow fresh air in, we can open the fire exits at the opposite side of the hall to pull the air through.