



HOCKEY WALES
HOCI CYMRU

RETURN TO PLAY
Adapted contact training
August 2020

GUIDANCE FOR PLAYERS



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THE HOCKEY WALES RETURN TO PLAY MODEL

RETURN TO PLAY MODEL: ACTIVITY CATEGORIES

Since COVID-19 has presented us with significant challenges, a strategic return model has been purpose - built in order to help the hockey community in Wales meet these challenges. Based on categories of hockey activity, the best case scenario will see us move through the categories one by one in phases. Other scenarios might see us move back into lockdown and back to improvised activities. We all hope this will not be the case, but the model and plans behind it must be flexible enough to allow for just such a scenario. The model has no start or end dates for any activity/phase, nor does it set any timeframes for them. The course of the virus and subsequent Government regulations at any given time will be the key factors determining when and what activities can and cannot be done. During this pandemic, it is possible that we will have different cities, areas or clubs doing different hockey activities at the same time dependent on a whole series of conditions. The activities/phases are:

- Improvised hockey activities
- Non-contact hockey activities
- **Adapted contact hockey activities**
- New normal hockey activities

These guidelines cover **Adapted contact hockey activities**

At all times, national organisations, clubs and coaches will need to remain flexible. The model is designed to help you adapt your hockey activity during all COVID-19 alert levels. As a club, you might find that you move back and forth between the categories dependent on the course of the virus and subsequent Government regulations.



WHEN TO START ADAPTED CONTACT

DECIDING WHEN TO START ADAPTED CONTACT

Adapted contact activities are likely to be permissible at some stage in alert levels 3 and 2. Any such move involves gatherings of groups at clubs and other venues and necessitates guidance from governing bodies to enhance the safety of, and mitigate the risk to, all those involved. In accordance with this, Hockey Wales has drafted these guidelines with a view to assisting clubs, coaches and players move to adapted contact training when Welsh Government regulations allow.

Note that clubs in Wales may be in this 'adapted contact' activity at a different time from clubs in other parts of the UK. Clubs in Wales can only move to adapted contact training when Welsh Government regulations allow for such activities.

Hockey is a sport where close contact with others cannot be avoided. Hockey Wales has developed a set of practical guidelines and resources to assist coaches and clubs resume hockey activities during the various COVID-19 alert levels. The decision to return to adapted-contact training is one that needs to be made locally by players, coaches and clubs, this after considering their circumstances relative to Government alert levels and regulations. Many will be keen to return to adapted contact training as soon as regulations allow, but there will be those that have genuine concerns, or their local environment will make even non-contact hockey training impossible at any particular time. Given this, each player, coach and club will make their own assessment as to when they want to begin adapted contact training,

No player, coach or club should feel pressured to begin adapted contact training until they feel they can do so safely and within the Welsh Government regulations. Decisions should be made based on the published club risk assessment of a return to – adapted contact hockey. Each player, coach and club should opt in only when they feel ready.

Everyone is strongly advised to follow Welsh Government advice on how to protect themselves and others from coronavirus outside the sports setting, to reduce the risk to their fellow participants when they do decide to return to hockey.

STAY ALERT

If anyone is showing symptoms of any illness, but in particular those of COVID-19, they **MUST NOT** attend your club. These symptoms can be found on NHS Direct and include:

- A new, persistent and dry cough
- A temperature
- A loss of or change in taste/smell

If you are symptomatic, live in a household with someone who is symptomatic or if you are classified as extremely vulnerable on health grounds, the guidance is that you should remain at home.

Anyone that develops symptoms after attending any session at your club should notify the club immediately.

Anyone that attends a club should sanitise their hands, clean their equipment and anything else used at the club. The sessions must align with Welsh Government guidelines at the time of the session.

ADAPTED-CONTACT GUIDANCE: PLAYERS

SESSION PHASES

Pre-training: We are advising players, clubs and coaches to continue to use a pitch/session booking system. As a player, turning up at the pitch without a slot is inadvisable.

People from different households should not travel in the same car. Drivers should drop you off and leave where possible (there are exceptions for players where safeguarding is required).

If your club is providing time slots, please follow your club's guidance by arriving in good time, ready to train with glove(s), gumshield, shin pads, drink/food, towel and sanitising gel. Bring sunscreen/hat if required.

Complete the session attendance register and COVID check prior to each session.

Adapted contact training: The size of the coaching groups must be in-line with Welsh Government guidelines at the time of the session, so may be smaller than you are used to.

During breaks in training, revert to social distancing and avoid contact even whilst celebrating goals. Sanitise hands frequently during the session and avoid touching your face.

Avoid tight huddles and drills requiring contact for prolonged periods.

Do not spit or rinse out your mouth on the pitch or surrounding area and avoid excessive shouting. Keep gumshields in unless it is necessary to remove them.

Do not share any equipment, water bottles, towels, food or other items before, during or after the session.

After training: After your session, you should leave as soon you can. Train and leave. Sanitise hands straight after training and wash your kit as soon as possible.

Toilets: With conditions, we have asked the clubs to open toilets.

BE READY FOR DIFFERENCES

As a player, expect some differences between clubs. Not all clubs will be able to begin adapted -contact sessions for a number of reasons. Your club will only start this phase if it can confidently meet the guidelines.

NATURE OF COACHING

Expect a number of changes to the way your coaches work. There are a series of measures that coaches are required to take for adapted-contact training to take place.

SPECTATORS

Where attendance of a parent/guardian (non-participant) or a carer for a player is required, it should be limited to one per player if possible. Social distancing must be strictly observed by them while watching the sessions. Players should inform the club if a carer is required and that a specific box or area be marked out for this purpose.

KEEP UP TO DATE

Please note, Government guidance can change quickly. Keep up to date with the latest information at:

<https://www.gov.uk/coronavirus>

<https://gov.wales/coronavirus>

HOCKEY WALES COVID-19 TOOLKIT

You will find details of the Hockey Wales COVID-19 toolkit at www.hockeywales.org.uk. The resources include:

- The HW Adapting to COVID-19 Return to Play Strategy
- Guidance for clubs
- Guidance for coaches
- Guidance for players
- Risk assessment forms
- Attendance and COVID-19 check registers
- COVID-19 officer responsibilities

**ADAPTING TO
COVID-19**



RETURN TO TRAINING
Guidance note for players
Adapted-contact