



## Southend Hockey Club Training



### Guidelines 2020/2021

#### **Information for players regarding training at Warner's Bridge**

Welcome to Southend Hockey Club!! As you can understand under the current circumstances, we are all having to adapt to the England Hockey guidelines to play the game that we love in a safe environment for everyone. The below requirements have been agreed by Southend HC Committee and we kindly ask that all teams adhere to these when training:

- Please ensure that you have told your captain that you will be attending training no later than an hour before your allocated time. This is to ensure we have your COVID form and your name for track and trace
- Please make sure you sanitise your hands before training and after
- Please ensure that you enter the pitch through the far end gate and exit through the near end gate
- Please do not enter the hockey pitch until your allocated time and your coach has told you to do so
- When entering the pitch, ladies 1s & 2s please place your belongings near the exit gate and men's squads please place your belongings near the entrance gate
- Please do not touch any of the equipment (cones, balls, goals, etc) unless you are told it is safe to do so by your coach
- Please do not share equipment or drinks with others
- When not training, please maintain social distancing. This includes breaks to have a drink, coach explanations and time between activities
- No spitting or nose blowing (without a tissue) when at the facility. If you are seen doing this, you will be asked to leave the session and clean the area
- If anyone is seen to be breaking/disrespecting these guidelines and England Hockey guidelines you will be asked to leave the facility

**Mel Lamb**

Chairperson

[chairperson@southendhc.co.uk](mailto:chairperson@southendhc.co.uk)**Gail Swain**

Ladies Club Captain

[ladiesclubcaptain@southendhc.co.uk](mailto:ladiesclubcaptain@southendhc.co.uk)**Luke Danbrook**

Men's Club Captain/COVID Officer

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