

# HOCKEY'S BACK!

## HERE'S WHAT TO REMEMBER

### AT HOME



**SIGN A PLAYER AGREEMENT\***  
**\*(ONLY THE 1ST TIME YOU PLAY)**

- BRING HAND SANITISER**
- WEAR YOUR PLAYING KIT**
- SELF-ASSESS FOR COVID SYMPTOMS**

### OUTSIDE OF PLAY



**FOLLOW THE GOVERNMENT TRAVEL ADVICE**

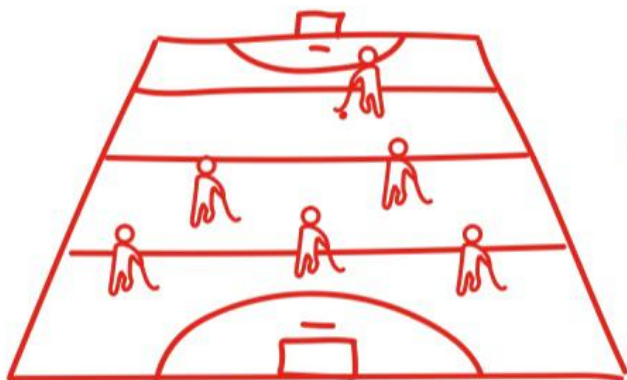
**CHECK IN WITH YOUR ORGANISER FOR TRACK & TRACE PURPOSES**

**SOCIALLY DISTANCE AT 2M IN GROUPS OF 6 MAX**

**CLEAN YOUR HANDS DURING BREAKS**

**FOLLOW THE FACILITY RULES WHEN ACCESSING INDOOR SPACES**

### DURING PLAY



**RESPECT YOUR OPPOSITION & UMPIRES**  
**TAKE PENALTY CORNERS & FREE-HITS AROUND THE D PROMPTLY**

**ONLY TOUCH THE BALL WITH YOUR STICK/ GK EQUIPMENT**

**USE YOUR OWN PPE OR DISINFECT BEFORE USE**  
**SOCIALLY DISTANCE WHEN PLAY STOPS**

**NO HANDSHAKES WITH OTHER PLAYERS OR CLOSE CONTACT DURING GOAL CELEBRATIONS**

**AVOID SHOUTING EXCESSIVELY AND SPITTING**

**AVOID RUNNING EXERCISES THAT INVOLVE OVERLY REPETITIVE CLOSE CONTACT**



**CLEAN YOUR KIT OR LEAVE FOR 72 HOURS**

**IF YOU DISPLAY ANY SYMPTOMS AFTER PLAYING CONTACT YOUR HOCKEY PROVIDER'S COVID-19 OFFICER IMMEDIATELY**

### AFTER



ENGLAND HOCKEY

PLEASE NOTE THAT GUIDANCE MAY CHANGE AT SHORT NOTICE AND RESTRICTIONS MAY BE REINTRODUCED. TO STAY UP TO DATE WITH ENGLAND HOCKEY RETURN TO PLAY GUIDELINES VISIT [WWW.ENGLANDHOCKEY.CO.UK/COVID19](http://WWW.ENGLANDHOCKEY.CO.UK/COVID19) TO STAY UP TO DATE WITH GOVERNMENT SOCIAL DISTANCING GUIDELINES VISIT [WWW.GOV.UK/CORONAVIRUS](http://WWW.GOV.UK/CORONAVIRUS)