# PHASE 3 - COVID 19

## **ADULTS 18+ YEARS OLD**

## **RETURN TO TRAINING**

This guidance reflects the Scottish Government's and Scottish Hockey's transition to Phase 3. These 'Return to Training' protocols are applicable to Adults (18+) only. Please note the permitted activity for Children and Young People U18 is not the same.

Thank you for your ongoing support, patience and everything the GHK community have and will contribute to making the return to hockey safe for all. #GHKReady

For all the latest COVID -19 updates from the SHU – www.scottish-hockey.org.uk/covid-19/

#### PERMITTED ACTIVITY - RETURN TO TRAINING - ADULTS 18 + YEARS OLD



skills

No matches / festivals or events permitted at this time

PLAYERS must come ready to play and bring their own personal equipment:

> Stick Shin Pads **Gum Shield Hockey Face Mask** Water Bottle **Hand Sanitiser**

#### **GROUP SIZE**

A maximum of 30 participants in a zone



Maintain two metres physical distance from players recommended



#### **PITCH ZONES** Zones (1/2 or

full pitch) with a 2m buffer area between zones Participants must stay in group but groups can rotate

zones



Participants should not enter another zone during play

No spectating within playing area or immediate surrounding area

Max 3-hour session



Coaches can deliver to an unlimited number of households per day, up to a maximum of 30 participants per session (e.g. 2 bubbles of 15 players)



Ensure your hands have been washed/ sanitised for 20 seconds before and after activity



Avoid public transport where possible. No car sharing or pooling. If driving park your car to facilitate physical distancing

## **MENTAL HEALTH** & WELLBEING

This has been a challenging time for all of our GHK community. Stay in touch, be kind and continue to look after one another

## You must not attend any group activity if you:

Have been unwell or had any flu-like symptoms – Loss of taste or smell / persistent cough / breathlessness / high temperature Have been in contact with a known or suspected case of COVID – 19

You must - Follow Scottish Government guidance on self-isolation

## To prevent the spread of the virus – We should all follow the **FACTS**

Face Coverings / Avoid crowded places / Clean hands regularly / Two metre distance / Self-isolate and book a test if you have symptoms

www.nhsinform.scot/coronavirus

