



NDHC Covid-19 Step 4 Return to Play Guidance for Visiting Teams

Following the resumption of hockey activity under Step 4, we look forward to welcoming you to our pitch, TCH Dragons Den, in Norwich.

The information below outlines the steps we have in place to keep our guests (you) and our members safe while following the latest Government and England Hockey advice on public spaces, outdoor activity and exercise. This information has been put together in conjunction with a Covid Step 4 specific risk assessment.

The Norwich Dragons HC Covid-19 Officer is Jane Morton, supported by the Men's and Ladies Club Captains. Any questions regarding this should be directed to them, via info@norwichdragonshc.co.uk

Please read the guidelines carefully, and when you visit The Den, please co-operate with us to ensure the rules are adhered to at all times. These are in place to keep everyone safe and to prevent the spread of coronavirus.

Arrival

- Please try to limit your arrival to no more than 30 minutes before the scheduled pushback.
- Please aim to park in the Wherry School Car Park at the top of the Goals Car Park, when possible. Entry to the pitch is via the large double-gate from this car park.
- There are no changing facilities available at present, please travel with this in mind.
- The toilet facilities at Goals are available, however, you will need to provide contact information for their track & trace system in order to make use of these.
- An NDHC member will welcome you and show you the route to the relevant pitch, please take notice of the one-way system.

Accessing the pitches

- The usual spectating areas are currently closed to facilitate the one-way system. However, spectators may use the grass bank behind the goals on both pitches.
- If waiting by the pitches please stay close to the grass and away from the exits to allow the previous game to exit prior to entering the pitch.
- Follow current Public Health England guidelines for hand hygiene and ensure you bring hand sanitiser with you for the session. There will be sanitiser available at entrance/exit to the pitches but players are advised to use their own as much as possible.



On Pitch / In Game conduct

- If you wish to bring a kit bag to the pitch, this must be placed at a fence post, distanced from all other kit within your training group.
- Please only use your stick/feet to touch the ball, and please avoid touching any other equipment or the pitchside surrounds.
- If you become aware of something that has been touched and may therefore require cleaning, please inform an NDHC Official (ideally the team captain) and / or an umpire.
- When not directly involved in match play, substitutes and coaches must maintain social distancing at all times.

Post Game & Departure

- Please avoid handshakes with umpires and NDHC Teams, and opt for alternatives such as the England Hockey recommended tapping of sticks.
- If you need to pay for an umpire, please ensure you have agreed how this will be handled in advance, especially if you are intending to offer cash.
- Please leave the pitch promptly, following the one-way system.
- If you are aware of something that has been touched that requires cleaning, please inform an NDHC Official (ideally the team captain) and / or an umpire.
- Participants should maintain distancing in groups of no more than 6.
- As a reminder, changing facilities are not available and visitors should plan with this in mind.
- Unfortunately we are unable to offer post match teas or refreshments at this time.