



The Indoor Hockey League

Return to play guidance for players

The guidance below is based on the guidance provided by England Hockey and Sport England and is aimed at helping players understand their responsibilities as a participant when returning to The Indoor Hockey League safely

Participant summary guidance

All players must have completed the [England Hockey Participation Agreement](#). Within the agreement, you will be asked to select which affiliated club you play for. If you are a team which does not affiliate to England Hockey – please get in touch with The Indoor Hockey League and we can help arrange this.

All Participants should be aware of who their club Covid Officer is.

Preparing to play

Player registration form – Anyone wanting to play in The Indoor Hockey league must register to play using The Indoor Hockey League player registration form before they play (this only needs to be done once), the information provided will support the NHS Track and Trace process if required.

Self-assess for Covid symptoms-if you have symptoms follow NHS & PHE guidance for treating symptoms. Stay away from hockey until you have observed appropriate isolation.

Hygiene – in line with government advice wash hands before and after activity and regularly use hand sanitiser.

Equipment – use your own equipment – sticks, gumshields, facemasks (if required), goalkeeping equipment (if appropriate) and ensure water bottles are full on arrival.

Change into your playing kit at home wherever possible – changing room use will be minimised where possible

Access and arrival

- Travel – If at all possible, you should travel on your own or in your bubble or household group. Car sharing outside of households or support bubbles is **not permitted**.
- Arrive as close as possible to the time you need to be there.
- Sanitise your hands on entry
- Check in with the venue for Track and Trace purposes.
- Follow one-way systems where they are in place.

- If you are involved in setting up the boards or goals, please ensure that hands are sanitised before and after use and the equipment is disinfected before and after use.
- Ensure you leave the hall promptly the end of your match so that the space is empty for the next players.
- Shower at home and follow the facility rules on using indoor spaces such as hospitality or toilets.
- Do not congregate after playing and stay in groups of 6, following social distancing rules, outside of play.
- Where possible, unless absolutely necessary, avoid touching gates/fences/goals.

Playing hockey

- Respect your opposition and umpires.
- Take Penalty Corners and free hits around the D promptly.
- Touch the ball with your stick/GK equipment and not your hands.
- Use your own protective equipment or disinfect before use (e.g. facemasks).
- Socially distance when play stops.
- Avoid shouting excessively.
- No handshakes with other players or close contact during goal celebrations.
- Avoid running training exercises that involve overly repetitive close contact between players.
- Do not share drinks/refreshments during breaks in play.
- Avoid regular removal of your gum shield.

After play

Good hygiene practice should continue to be followed with equipment disinfected or left for 72 hours.

Important notes

If you show symptoms of Covid-19 you should phone NHS Track and Trace and let your club/organisation Covid Officer know immediately.