## **OUTSIDE OF PLA**

## HOCKEY'S BACK!

## AT HOME



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

**BRING HAND SANITISER** 

**WEAR YOUR PLAYING KIT** 

SELF-ASSESS FOR COVID SYMPTOMS





FOLLOW THE GOVERNMENT TRAVEL ADVICE

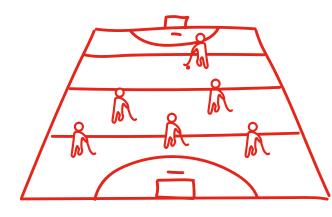
CHECK IN WITH YOUR ORGANISER FOR TRACK & TRACE PURPOSES

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** 

