

Muckross Hockey Club return to Play Protocols

- 1) Players must not attend training sessions if:
 - They have any symptoms of Covid -19
 - They have been in close contact with a known or suspected case of Covid -19
 - They have travelled overseas in the last 14 days
- 2) If a player presents any symptoms whilst at training/at a game, they will be isolated and a nominated person contacted.
- 3) All players in high risk health categories must consult with their GP prior to returning to training.
- 4) There will be separate entry and exits to each pitch in Muckross Park College and The Teresian School which must be adhered to.
- 5) We ask that players arrive at the designated time (no more than 10 minutes before start of training); if early they must wait in the car.
- 6) Players should arrive ready to train
- 7) Attendance will be recorded at the gate. **Please do not enter onto the pitch until your attendance has been recorded by the designated Covid -19 person at the gate.**
- 8) Players must have clean hands arriving. They will sanitise their hands at the gate but cannot if their hands are visibly dirty.
- 9) Players must bring their own gear - sticks, shin pads, water bottles, etc. No sharing of gear will be allowed, and there will be no access to the pavilion to get water.
- 10) Dugouts are to be used to store gear only, no seating is permitted at this time.
- 11) **All junior players must bring a reversible bib to training. (These are available to purchase in Eds Sports).**
- 12) Only coaches and designated persons will be allowed handle any of the equipment – players may only move balls, cones etc with their sticks.
- 13) Goalkeepers who have their own gear are to keep the gear with them.

- 14) Car-pooling is not recommended, where car-sharing is unavoidable all passengers should wear face-masks.
- 15) No sharing of water bottles - all personal water bottles must be clearly labelled with the player's name
- 16) All players personal equipment (shin pads, stick, masks and gloves) should be sanitised after every session
- 17) The school building will be out of bounds. .
- 18) Punctuality is key - only one parent to accompany a player to training - parents are not allowed to stay for the session but may wait in their car if necessary.
- 19) In the event of the situation where any player tests positive for COVID-19 the Club must be informed immediately. Records will be kept for contact-tracing purposes, and shared with the health authorities as necessary.
- 20) All players must ensure the Club has up to date contact details
- 21) Players must refrain from handshakes, high fives and spitting at all times.
- 22) **Players are expected to take personal responsibility in following the Covid-19 guidelines and etiquette.**
- 23) **We must ALL respect the protocols and to be respectful to others. Please be mindful that there are players who may be immune-compromised and/or their family members.**
- 24) **Although hand sanitisers will be available, we would appreciate all players could bring their own in their hockey bag.**