

# Malahide Fingal Hockey Club



## Procedures

					
<b>Wash</b> your hands well and often to avoid contamination	<b>Cover</b> your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue	<b>Avoid</b> touching eyes, nose, or mouth with unwashed hands	<b>Clean</b> and disinfect frequently touched objects and surfaces	<b>Stop</b> shaking hands or hugging when saying hello or greeting other people	<b>Distance</b> yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell

Date: 5<sup>th</sup> July 2020

Version: 1.0

## Players Protocol:

- **Members must arrive in full hockey gear.**
- **Players are encouraged to bring their own hand Sanitisers.**
- **Players are required to ensure that their water bottles are clearly labelled with their own names and kept separate from other players.**
- **All players are encouraged to adopt good respiratory hygiene, covering their nose and mouth when they cough or sneeze, and using a tissue which is immediately disposed of. Players should not spit or clear their nose openly at any time**
- **Club members should avoid mingling outside the pitch gate waiting for other groups to leave the facility. Players should remain in the car park observing physical distancing guidelines.**
- **Players should only touch their own equipment and should minimise the amount of equipment they bring to the pitch. Players should not remove their playing equipment and throw it to the side of the pitch. It should be clearly separated from other people's equipment.**

## Club Protocol:

- Resumption of Contact training and Games is permitted under government guidelines from Monday 29<sup>th</sup> June.
- The restrictions on ('group of 15') is lifted, however we will exercise caution to monitor the risk as we bring more players onto the pitch.
- All players will be required to sign in upon arrival at the pitch.
- There will be one gate to enter the pitch and a separate gate to exit the pitch. All members will be required to hand sanitise on entering and leaving the pitch

**Malahide Fingal Hockey Club, Broomfield, Malahide.**

**Email: [malahidefingalhc@gmail.com](mailto:malahidefingalhc@gmail.com)**

**W: [www.malahidefingalhockeyclub.ie](http://www.malahidefingalhockeyclub.ie)**



# Malahide Fingal Hockey Club

- There will be no changing facilities open. Toilet facilities will not be available until further notice.

## Club Protocol continued

- If a player becomes unwell during training/camp, they will be isolated from other participants and asked to return home as soon as possible.
- Players/members with colds or any symptom of Covid 19 must stay away from the hockey pitch.
- Players travelling to and from the pitch should travel alone or with members of their own household only. Sharing transport is not advised under HSE guidelines.
- The waste bins inside the pitch will not be available and rubbish should be taken home by the player/member
- Only club members will have access to the pitch.
- Only the coach will touch coaching equipment ( hockey balls, cones, throw lines, training aids etc) Players are asked to minimise touching all equipment.
- Until further notice no penalty corner training is permitted and defensive face masks are not to be worn.

**If you are feeling unwell or displaying symptoms, self-isolate and make phone contact with your GP and Human Resources Department.**

					
<b>Wash</b> your hands well and often to avoid contamination	<b>Cover</b> your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue	<b>Avoid</b> touching eyes, nose, or mouth with unwashed hands	<b>Clean</b> and disinfect frequently touched objects and surfaces	<b>Stop</b> shaking hands or hugging when saying hello or greeting other people	<b>Distance</b> yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell

**Malahide Fingal Hockey Club, Broomfield, Malahide.**

**Email: [malahidefingalhc@gmail.com](mailto:malahidefingalhc@gmail.com)**

**W: [www.malahidefingalhockeyclub.ie](http://www.malahidefingalhockeyclub.ie)**