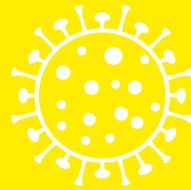


Coronavirus **COVID-19**



Coronavirus
COVID-19
Public Health
Advice

Nottingham Vikings Ball Hockey Club: Guidance for Indoor Play during Covid-19

**RETURN
TO
PLAY**

HANDBOOK

CONFIDENTIAL - FOR VIKINGS BHC MEMBERS ONLY

Kill the virus. Save lives.





Introduction

As we progress through the various stages of 'return to play', set out by BHUK and approved by the DCMS - Department for Digital, Culture, Media & Sport, it's important to note the requirements from Stage 3 onwards, where we will be allowed to return indoors for training & games.

Phase	Location	Size of Group	Social Distancing	Dates
1	Outdoor Only	Groups of 6	Yes	Current
2	Outdoor	Up to 30	Not during play (with risks appropriately mitigated)	21/09 - 05/10
3	Indoor Allowed	Groups of 6 (Although capacity may be limited by government or venue specific guidance)	Yes	6/10 - 19/10
4	Indoor Allowed	Up to 30 (Although capacity may be limited by government or venue specific guidance)	Not during play (with risks appropriately mitigated)	20/10 - 02/11
5	Indoor Allowed	Unlimited	Not during play (with risks appropriately mitigated)	03/11 Onwards
6	Indoor Allowed	Unlimited	COVID-19 risk has passed. Risk mitigation no longer compulsory	

There are a lot of changes required to allow us to return indoors. This document has been created to help clarify those changes required and you are expected to familiarise yourselves with the content beforehand.

This guidance document is correct at time of publishing and has been approved by BHUK, along with the associated Risk Assessment.

However, please check with your Coach and / or Club Covid Officers regarding the latest Government updates and information, as the situation is ever-changing and the guidelines contained may be subject to immediate amendment.



Covid-19 Officers

Your Covid Officers are Benny Tring and Mike Lee. Both have completed the Covid-19 Officer training recommended by BHUK and are fully 'covid' certified, as well as being active members of the 'BHUK (England) Covid-19 Return to Play - Manager's Group'.



If you have any Covid related questions or concerns please talk to either of them or message them privately via Messenger etc.

Or post public questions in our private 'Nottingham Vikings' FB group or Messenger groups.

Please do not post in the public Nottingham Vikings Ball Hockey Group FB Group.



Guidance for Phase 3.

The main change for Phase 3 is the requirement to train in pods of 6.

This means we can accommodate a maximum of 12 people in the hall, using a dividing curtain to split the hall i.e. two pods of a maximum 6 players.

Unfortunately, this also means that players who are assigned to a pod, **MUST** stay in that pod until we are allowed to expand to larger groups. It also means that players may not mix with the other pod during training.

Clearly this creates a challenge when we have more than 12 players participating in practice.

Coach Benny will communicate the structure of these pods, taking into account personal circumstances, family and travel commitments wherever possible, as well as established team lines, line mates etc.

We will also need to put in place a pre-pay scheme for two reasons;

1. To reduce the physical contact when exchanging cash
2. To ensure that the fees are covered for the hall hire on a weekly basis.

This will be managed by direct bank transfer to the Nottingham Vikings Club Account. Details below (prices will be confirmed).

Account Name: Nottingham Vikings

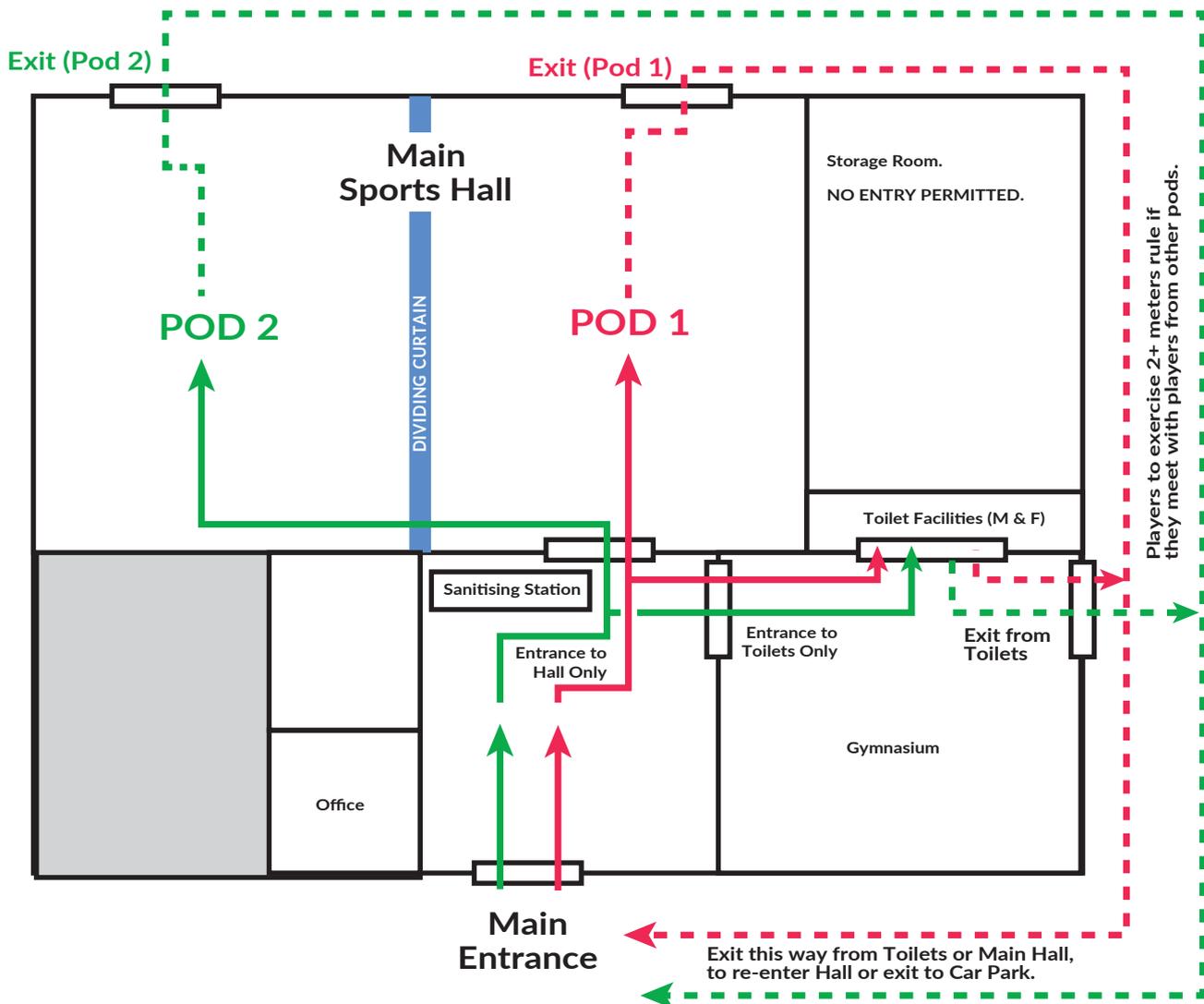
Sort Code: 05-06-41

Account Number: 29586480



Entry Into the Hall

We will be operating a one-way system into the main hall and exit via the fire doors. Please observe this at all times, even if using the toilets etc. The only exception is in the event of injury or emergency.



It is also important that players **DO NOT WAIT** or **PUT ON KIT** (socks, tape, pads etc) in the foyer area. Please wait in the car park until it is your Pod's turn to enter and proceed straight to the hall, where you may complete preparations:

POD 1 - may enter at 7.00 pm

POD 2 - may enter at 7.05 pm

Wait in your cars or outdoors until it is time to enter.



Guidance for Phase 3.

Other Key Points

1. Use Anti-Bacterial Handwash whenever entering the hall.
2. Spectators / Parents etc are not permitted to wait in the main Hall or the Foyer during covid. ***This is a rule of the Sports Facility.*** Instead they must wait in their cars or make arrangements to wait off-site.
3. Please notify the coach or assistant coach if you feel ill at any time, especially if you display the following symptoms:
 - A High Temperature
 - A new continuous cough
 - A new loss or change to your sense of smell or taste.Players are responsible for informing the coach of their vulnerable situation (e.g. pre-existing medical conditions)
4. Personal items, such as Water Bottles, should be clearly labelled with name / number at all times. Do not share equipment.



Guidance for Phase 3.

Other Key Points

5. It is a BHUK and DMCS rule that player celebrations should be 'suppressed' (i.e. no excessive shouting, hugging etc) and post-game acknowledgement should only be limited to fist-bumps, wearing gloves.

This also includes limiting shouting from the bench during play or in training sessions, which can increase the risk of transmission via excessive water particles in the air. Only the coach should be heard from the bench, during game-play, along with essential calls like 'man-on, 'time' etc.

6. Players shall not congregate after a whistle blow. Only the Coach or Captain are entitled to challenge any decisions or to seek clarification.

7. Where players car-share, and are not in a 'family bubble', it is recommended that they wear face masks and that the area is sanitised after use.