

## Return to Play – Operating Rules and Guidelines

**Our priority is the safety of our members, coaches, club officials and employees. Set out below are the agreed Operating Rules and guidelines that need to be followed when visiting Timperley Sports Club during this phased return to play.**

The Operating Rules and guidelines below follow the latest [Government Guidance](#) for the public on the phased return of outdoor sport and recreations in England issued 13 May 2020, [Sport England Guidance](#) and [England Hockey Guidance \(21st May 2020\)](#).

The EH Guidance is currently being reviewed and the [EH 'Roadmap' 29th May 2020](#) sets out how ways of returning to play are likely to change over coming weeks and months. These Operating Rules will be reviewed further following any update and guidance to Club's from England Hockey.

**To keep our members and coaches safe, please read these Operating Rules and guidelines carefully and confirm your acceptance when booking your visit to the Club to use the pitches.**

### PLEASE WORK WITH US

**Please work with us to ensure that the guidelines are being followed so that we can all be safe. We will be reviewing pitch usage and will make necessary changes if we feel the guidance is not being followed. Additionally, we will continue to monitor and follow Government and EH guidance and will be prepared to curtail or expand our activities at short notice should there be any changes to the Covid-19 situation.**

Please be aware that this guidance may change as the circumstances change. In particular, EH are still seeking clarification from government on arrangements for one to one coaching of young people given the need for a parent/guardian to be present. There are different interpretations across NGBs on this issue at the moment and therefore we may have to update on this once a decision is made.

### Summary of EH guidance for outdoor hockey sessions one-to-one, or within one household

- Follow Public Health England advice for good hygiene at all times
- Maintain 2m social distance (unless you are from the same household)
- Only meet 1 other person from another household
- Use your own equipment (stick and balls) and avoid touching other equipment (goals etc). If passing, only touch the ball with your stick!
- One-to-one coaching is permitted in line with England Hockey safeguarding guidance
- Think about how you divide the pitch if more than one group is using it to ensure there is sufficient space between groups.
- Book online and leave space (10 minutes) between bookings to avoid bottlenecks
- Do not participate if you are required to self-isolate

**In line with these Guidelines Timperley Sports Club will be reopening 'Play Zones' on its Artificial Turf Pitches for Hockey member from 2<sup>nd</sup> June 2020 on the following basis, and subject to strict adherence to the following Operating Rules.**

**Please read, understand, and comply with these Operating Rules and guidelines at all times when on site.**

**If you have any queries, please contact the Hockey Chair, Shelagh Everett on 07810 854197**

**Use of pitches is in line with these Operating Rules was agreed by the TSC Ltd Board on 28<sup>th</sup> May 2020**

## 1. ACCESS TO THE CLUB

**Do not attend if you or anyone in your household displays symptoms of COVID-19<sup>1</sup> or your household is currently in isolation**

- **Do not come to the Club to use the pitches if you have not pre-booked a session and had confirmation.**
- The **Club remains closed** for general visits and main gates remain locked.
- Travel together as a household and or avoid public transport if possible, ideally walk or cycle.
- **Plan your journey to arrive no earlier than 5 minutes before your booked sessions** to aid social distancing and minimise contact with other users. **Please wait near the clubhouse** to allow other users to leave the pitches. Please do not wait by the pitch gates when you arrive at the Club.
- **The Clubhouse will remain closed**, there will be **no access to toilets and no changing facilities** will be available.
- There will be **no parking on site** to aid social distancing and keep unwelcome visitors offsite and the main gates will remain locked.
- Please **park off-site nearby and walk to the pitches** from Wood Lane or Stockport Road. Please park considerately to ensure positive relations with our neighbours and local residents.

## 2. BOOKING YOUR SESSION

- **Pre-Booking is required by all members** wishing to use the facilities at TSC. **No Booking no play.**
- **Booking must be made at least 24 hours** in advance and will be **confirmed the evening prior to the booked session.** All booking must be made using the THC online booking form.
- **All users (or parents) must confirm they understand and will adhere to the Operating Rules** at the time of booking (part of the form).
- **50-minute slots** can be booked initially during the following time windows:
  - **Between 16:30 to 20:30 on Tuesday's and Thursdays**
  - **Between 14:00 and 18:00 on Saturday's**
- Depending on demand and on-going guidance these times maybe increased or reduced or change.
- **Only one booking (a household group, 1:1 coaching session or two people from different household) per designated 'play zone'** at any one time. All participants to keep a 2m from all other users on walkways or adjacent 'play zones'
- **Play is at players own risk** and personal insurance if advised.
- **Key contacts are: Shelagh Everett 07810 854197 (Hockey Chair), Albert Marcano 07599 309866 and Mark Talbot 07703 745233**
- Links to booking forms: [Member Play Zone Booking Form](#) [1:1 Coaching Booking Form](#)

## 3. PLAYING OPTIONS

- **Hockey Members** (senior and academy) can use the designated 'play zones' on a pre-booked basis as follows:
  - With **members of your household** (maximum of 6)
  - With **one other person from outside your household** while keeping two metres apart at all times (maximum of two people)
  - With a THC Coach for a **one to one coaching session** while keeping two metres apart at all times (Private coaching session). £20 for one session (£50 for three sessions)

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<sup>1</sup> The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature
- loss of sense of smell or taste

- **Members aged Under 18 must be accompanied by a responsible adult (from the same household)** at all times, this person may spectate whilst social distancing and in a safe position, and should assist by reminding their child and playing partner to stay 2 metres apart at all times.

#### 4. BEFORE YOU ARRIVE AT TSC

**Do not attend if you or anyone in your household displays symptoms of COVID-19 or your household is currently in isolation**

- Personal **hygiene measures should be carried out at home** before and after use of the facility. Members are encouraged to bring your own hand sanitiser where possible. If this isn't possible wash your hands with soap and water for at least 20 seconds before and after visiting the club.
- **Fill and name water bottles.** There is no water available on site.
- Minimise the items you bring with you.
- Check that all your **personal equipment** is clean and **hockey balls marked or named** for easy identification. Ideally bring your own hand sanitiser.
- In the event of **extreme weather, or pitches being unfit**, bookers will be contacted by one of the THC Coaches or Shelagh Everett.

#### 5. STAYING SAFE WHEN AT THE CLUB

- **Aim to arrive no earlier than 5 minutes before the start** of your slot to help with social distancing. Wait near the clubhouse, not the gates, to allow other users space to leave the pitch.
- **Do not come to the Club if your booking has not been confirmed by THC in advance by email.** The aim is that all confirmation emails will be sent by the evening before the session booking.
- The THC Head Coach (Albert Marcano), Lead Coach (Mark Talbot), Section Chair (Shelagh Everett) or one of the Hockey Committee or section officers, will be on site during the hours that the outdoor facilities are booked for use. They will monitor bookings, attendance and adherence to these Rules.
- **Avoid congregating entrances** to the pitches and maintain your 2 metre (2 stick lengths) distance at all times. Use the designated walkways to access pitches.
- **Stay within your allocated Play Zone** during your pre-booked session and do not mix with other groups or decide which Play Zone you wish to play in.
- **Hand sanitiser** with an alcohol content of at least 60% should be made readily available at the pitch entrance/exit points. However, **Participants are recommended to bring their own hand sanitiser** in case for any reason Club supplies are not available due to lack of supply, and or **wash their hands before leaving the house (and when they return home).**
- **Avoid touching gates, fences or other surfaces** as much as possible whilst on club premises and use cleaning stations whenever available.
- **Both Gates** to the pitches will be left open during sessions to reduce the need to touch surfaces. Gates will remain locked at all other times. Closed signs should be displayed when facilities are not open.
- Be respectful of the facilities, other users and public health. Please do not spit on the pitches or urinate on site.
- **Follow the usual rules for safety when playing hockey. Help avoid unavoidable or unnecessary injuries** to help **avoid placing any additional stress on the NHS.** During the Current COVID-19 restrictions the Club cannot guarantee that a first aider will be present on the site at all times when the pitches are booked for members to use. Members are advised to contact local NHS units if necessary. Details are posted in the at the pitch entrances.
- There may be **other people on site** when you visit the Club ensure you maintain 2 metre social distancing with all other people on site.

## EQUIPMENT

- **Only THC coaches can touch or move** the pipes dividing the 'play zones' cones, throw down lines or coaching equipment.
- **Bring your own playing/training equipment** including stick, protective equipment, gloves, shin guards, GK kit and mouth guards advised. Bring sun cream and dress for the weather.
- **Bring your own hockey balls and a maximum of four 'marked or named' balls per play zone.** If you have your own cones or throw down lines bring with you to use – but ensure you take them with you.
- Exceptionally, if you do not have your own hockey balls coaches will have a limited supply that must be pre-booked at the time of booking and will be disinfected between use.
- **THC Coaches will supply of balls for 1:1 coaching sessions** and balls will be washed / disinfected between sessions.
- **During the current lockdown the Club is unable to provide shared equipment.**
- Bring your own named and filled drinking bottles. Do not share.
- **Use your stick to retrieve or move balls.** Avoid touching shared hockey balls
- **Goals are not to be used, unless approved by a Coach, and will remain locked.**
- Do not leave personal property behind.

## 6. 1:1 COACHING SESSIONS

- **Available to pre-book for all club members aged 9 and above (age on day of session)**
- Sessions will be run by our qualified and insured coaches Albert Marciano and Mark Talbot, we can not guarantee which coach you will be allocated. Sessions will be tailored to individual requirements.
- **Only one participant per session.** Families may split sessions 25 minutes per child.
- 2 meter social distancing rules will apply.
- **For Under 18s an adult from the same household** must stay on site at a safe distance for all sessions booked. (EH are reviewing guidance on safeguarding for Under 18s)
- All sessions must be **pre-booked and pre-paid** before attending. All sessions will be confirmed in advance.
- 50 minutes sessions cost £20 per session or £50 for three sessions. [Link to pay for 1:1 coaching sessions](#)
- Sessions that exceptionally have to be cancelled due to bad weather or illness will be rescheduled.

## 7. AFTER YOUR SESSION

- **Do not overstay your allocated time slot,** there is a deliberate 10-minute gap between sessions, you should be clear of the area 10 minutes before the next session is due to start. **A whistle will be blown** with at 45 minutes and 50 minutes to assist with timing. Do not stay to socialise.
- **Leave the Play Zone by the designated walkway** promptly take all personal items with you.
- If any equipment has been shared disinfect or leave for 72 hours after use.
- **All users / site visitors MUST report any infection of their household following use** of the facility to Albert Marciano, Mark Talbot or Shelagh Everett to allow effective contact tracing and to limit the spread of the virus

**These rules are to be clearly understood and agreed by each member making a booking and will be confirmed prior to attendance.**

**Failure to adhere to these Rules, in addition to putting your own, and others health at Risk will be dealt with in line with our relevant codes and policies. Future bookings may be declined.**

## Designated 'Play Zones'

- Eight 'Play Zones' will be set up (approx 23m wide x 50m wide). Divider piping will be used to separate Zones (where possible) – and will only be moved by THC Coaches or Hockey Section Officers. A 3 metre walk way will be marked out to allow safe access to all zones.
- It is not anticipated that all zones will be allocated at all times and wherefour or less booking alternative Play Zones will be allocated.



## Summary Guidance

### GETTING BACK ON THE PITCH

**MAINTAIN 2M\* SOCIAL DISTANCE**  
(UNLESS YOU ARE FROM THE SAME HOUSEHOLD)  
\*THAT'S ABOUT 2 ADULT SIZE HOCKEY STICKS APART

**ONLY MEET 1 OTHER PERSON FROM ANOTHER HOUSEHOLD**

**USE YOUR OWN EQUIPMENT (STICK AND BALLS) & AVOID TOUCHING OTHER EQUIPMENT (I.E. GOALS)**

**ONE TO ONE COACHING IS PERMITTED IN LINE WITH GOVERNMENT ADVICE**

**THINK ABOUT HOW YOU DIVIDE YOUR PITCH IF THERE IS MORE THAN ONE GROUP**

**BOOK ONLINE & LEAVE 10 MINUTES BETWEEN BOOKINGS TO AVOID BOTTLENECKS**

**DO NOT PLAY IF YOU ARE REQUIRED TO SELF ISOLATE**

**ENSURE YOU ARE APPROPRIATELY INSURED AND FIRST AID EQUIPMENT IS AVAILABLE**

PLEASE NOTE THAT GUIDANCE MAY CHANGE AT SHORT NOTICE AND RESTRICTIONS MAY BE REINTRODUCED. TO STAY UP TO DATE WITH GOVERNMENT SOCIAL DISTANCING GUIDELINES VISIT [WWW.GOV.UK/CORONAVIRUS](http://WWW.GOV.UK/CORONAVIRUS)



## Covid-19 awareness

**PLEASE STAY  
AT HOME IF  
YOU HAVE  
SYMPTOMS  
OF COVID-19**

**PLEASE KEEP  
TWO METRES  
APART**

**PLEASE  
WASH YOUR  
HANDS**

## First Aid - First Aid During COVID-19 Restrictions

During the Current COVID-19 restrictions the Club cannot guarantee that a first aider will be present on the site at all times when the ATP's are available for members to use.

Members are advised to contact local A&E units if necessary

In the unfortunate event of an accident occurring, please telephone to at your earliest inform the person with whom you booked your session. This will allow the incident to be added to the accident book.

### Local NHS Minor Injuries and A&E units

- **Altrincham Minor Injuries Unit - 15 Railway Street, Altrincham, WA14 2RQ. 0161 413 7700 (Main Hospital)**

There is a Minor Injuries Unit in the centre of Altrincham which is staffed by experienced emergency nurse practitioners who can assess and treat a wide range of minor injuries.

Opening hours: Monday to Friday 8.00 am – 8.00 pm

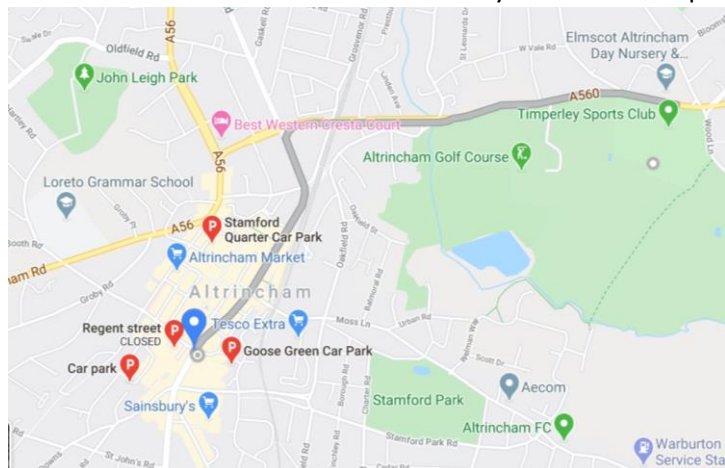
Weekends/Bank holidays: 10.00 am – 6.00 pm (Closed Christmas, Boxing and New Year's Day)

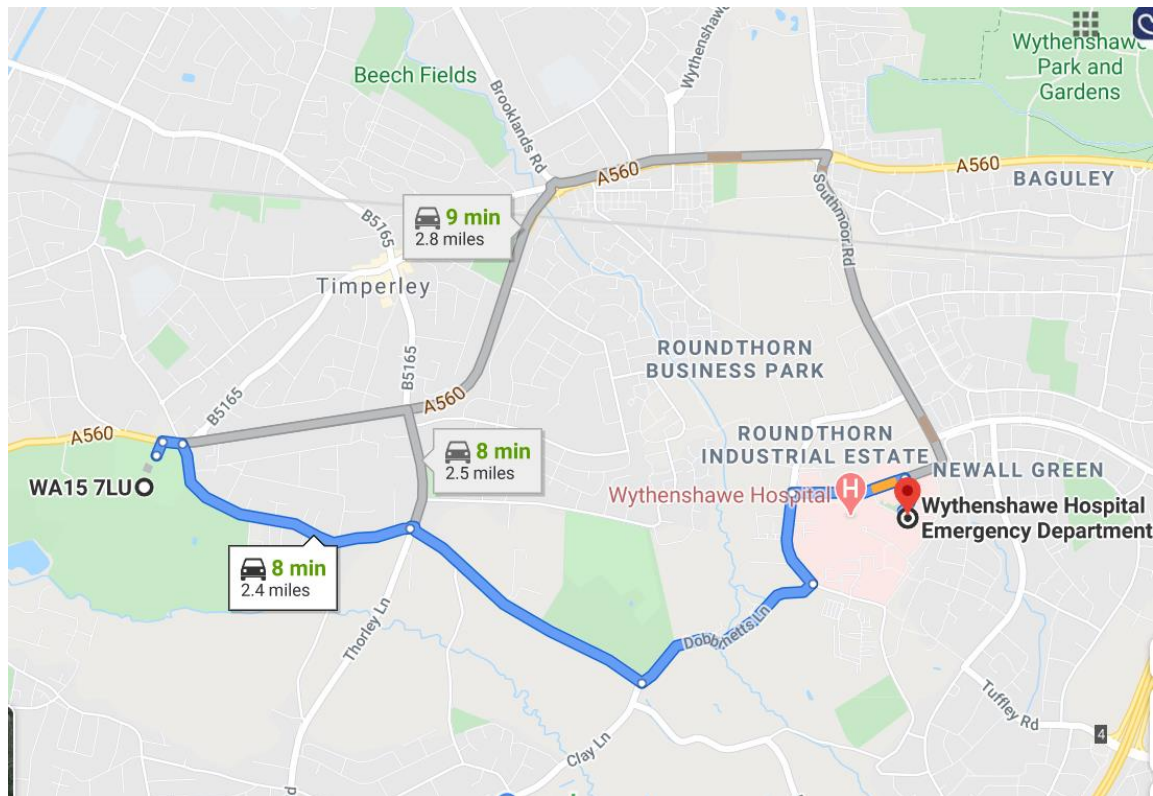
Directions to Altrincham Minor Injuries Unit are given below

- **Local Accident and Emergency Departments**

The nearest Accident and Emergency unit is:

- **Wythenshawe Hospital (UHSM) - Southmoor Road, Manchester, M23 9LT. 0161 998 7070. Directions to Wythenshawe hospital are given below**





### Timperley Sports Club

Stockport Road, Timperley, Altrincham WA15 7LU

- ↑ 1. Head north-east towards Stockport Rd/A560  
180 ft
- 2. Turn right onto Stockport Rd/A560  
236 ft
- 3. Turn right onto Wood Ln  
0.6 mi
- 📍 4. At the roundabout, take the 2nd exit onto Clay Ln  
0.6 mi
- ⬅ 5. Turn left onto Dobbinetts Ln  
0.5 mi
- ⬅ 6. Turn left onto Floats Rd  
0.2 mi
- 7. Turn right onto Southmoor Rd  
0.1 mi

[Destination will be on the right](#)

### Wythenshawe Hospital

Southmoor Rd, Wythenshawe, Manchester M23 9LT

These directions are for planning purposes only.  
You may find that construction projects, traffic,