



Covid-19: Return to Rink Hockey Training Guidelines

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Adaptations for all rink hockey activity

(applicable to players, volunteers, spectators, clubs, coaches & officials.)

This guidance document has been developed in adherence with the British Roller Sports Federation which is the recognised National Governing Body of all Roller Sports in the UK and government guidelines as outlined by the government and can be put in place immediately unless otherwise stated.

For all activity, the relevant UK Government social distancing guidance should be adhered to at all times (including throughout warm-ups). In England social distancing, guidance can be found [here](#).

This document refers to current UK Government guidance for England only and is subject to change in response to the current COVID-19 Alert Level, community prevalence of COVID-19 and/or to reflect additional or updated UK Government guidance.

We recommend that you stay up to date with government guidance at all times. Government guidance supersedes all advice given by the governing body and must be followed at all times. The safety and wellbeing of all players, coaches, and the wider community is at the heart of any guidance.

The guidance that follows provides sport specific advice to help players and coaches. It is important to say that any return to activity must take account of local conditions and any risk assessment for normal activities should be undertaken as well as ensuring that all government guidance around COVID-19 is considered. It is the responsibility of each player, coach, and facility to make that assessment based on their local environment. Risk assessment must consider mitigations and plans for when activities do not go as expected. Planning scenarios around, for example, an injury occurring to a player and the need to support that player while social distancing should be undertaken.

This plan provides measures that should be taken by players, clubs, officials, volunteers, coaches, and spectators before, during and after all rink hockey activity as well as specific advice relating to clubs, coaches, match-play, and children's activity. It should be read in conjunction with the latest [UK Government guidance](#).

Your health

It is of paramount importance that players monitor themselves for any signs of the virus, as well as general health. This guidance has been published on the understanding that it is an interpretation of government guidance. It is likely to change at short notice, in which case we will publish updates through the England Rink Hockey website and social media channels. All parties should note the disclaimer at the end of this piece.

Prior to all rink hockey activity

- All participants (players, coaches, officials, volunteers and spectators) should check for symptoms of COVID-19. In line with current [UK Government Guidance](#), if an individual is symptomatic and/or living in a household with a possible COVID-19 infection they should remain at home and follow UK Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known COVID-19 case, must not exercise outside their home or garden and must not exercise with others.
- Participants should follow UK Government guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19 (found [here](#)) if it applies to them.
- Participants should comply with all public health restrictions and avoid high risk behaviour outside the sports setting to reduce the risk to their fellow participants when they do attend a rink hockey club or venue.
- Personal hygiene measures should be carried out at home before and after rink hockey activity.
- Participants should bring their own hand sanitiser where possible and maintain strict and frequent hand hygiene measures at all times.
- Participants should follow UK Government guidance on best practice for travel, including minimising the use of public transport and limiting car sharing (found [here](#)).
- Use of the sport centres, changing rooms and toilets should adhere to the latest UK Government guidance.
- For advice on reducing the risk of infection when outside your home see [here](#).
- Club representatives should ensure that the facility is compliant with current UK Government legislation including legislation and guidance related to COVID-19. A risk assessment should have been completed and risk mitigation measures put in place and monitored.
- Club representatives should make all participants aware of expected social distancing and hygiene measures during play and whilst on site.
- Clubs should strictly limit the time spent congregating at a venue before activity begins. Meet-up times should reflect this. Participants should arrive changed and ready to begin the warm-up, if possible.
- Club representatives should make all participants aware of the increase in transmission risk associated with partaking in even socially distanced group activity and should ensure that all participants are clear that they are opting to participate in rink hockey activity.

- For advice on reducing the risk of infection when outside your home, see [here](#).
- After a period of low or no activity, players may be more susceptible to injury than before lockdown. Consider the need for a thorough warm-up, and for the physical demands of a session to be suitable to the individuals involved. A session should start at a low physical intensity with gradual progression. Helping decrease the risk of injury is very important while social distancing requirements remain in place.

During all rink hockey activity

- Players should adhere to UK Government social distancing guidance at all times (including throughout warm-ups).
- Rink hockey can return as long as groups are limited to a maximum of 20 participants, including coaches and officials.
- Participants should enter the site and prepare their personal equipment whilst maintaining social distancing.
- Where possible players should limit sharing of equipment. If they do, they must practise strict hand hygiene before and after use and the equipment must be cleaned before use by another person.
- All participants should sanitise their hands prior to the start of the activity.
- Hand sanitiser should be used at all breaks in activity and prior to consuming any food or drinks.
- Players should refrain from spitting or rinsing out their mouths.
- In line with current UK Government guidance, clubs should not prepare food for participants. Individuals should bring their own food and drink. Water bottles or other refreshment containers should not be shared.
- No physical contact.
- Additional advice for socially distanced match-play
- A 'hygiene break' should take place every 20 minutes, all participants' hands should be cleaned using a suitable sanitiser.
- Spectators should remain socially distanced at all times, in line with wider UK Government guidance.
- Use of the sport centres, changing rooms and toilets should adhere to the latest Government advice.

After all rink hockey activity

- All participants should sanitise their hands after the completion of activity.
- Participants should exit whilst maintaining social distancing.
- Social gathering after the activity will be allowed in line with current UK Government guidelines on [hospitality](#) and social distancing must be maintained.
- One club representative/volunteer should be responsible for collecting and disinfecting any shared equipment.
- Regular cleaning of equipment and the facility should take place, particularly between one group finishing, and the next group starting.
- Clubs should encourage all participants to report any infection of their household to the [NHS Test and Trace](#) system following use of the facility to limit the spread of the virus.

Additional Advice for Clubs & Club Representatives

Preparation of the rink hockey venue

- Club representatives should ensure that their facility is compliant with current UK Government legislation including legislation and guidance related to COVID-19. A risk assessment should have been completed and risk mitigation measures put in place and monitored.
- On any day of the activity, club representatives and volunteers should ensure that all COVID-19 measures are in place according to the club operating and safety plans, whilst maintaining social distancing – developing your own 'opening up checklist' is helpful for this. This should include:
 - Set-up of public health operating procedures and access signage.
 - Set-up of rink hockey facility including all ground safety requirements.
- The duty of care which the club already owed remains and therefore other matters such as First Aid must continue to be provided.
- First Aid equipment (including AEDs where available) and suitable PPE for First Aid must be made available. Advice on First Aid during the COVID pandemic is available from [St John Ambulance](#).
- Clubs should make hand washing facilities and/or hand sanitiser available for all site users.
- Clubs should encourage face masks to be worn to and from the rink.
- Clubs must have entry and exit, and parking arrangements to venues that ensures social distancing can be maintained and implement traffic flow systems where possible and appropriate.
- Clubs must outline socially distanced areas for teams, officials, and spectators.
- Clubs must ensure that all accessible provision within the site and the facility are available.

Clubs should support NHS Test and Trace efforts by keeping a temporary record of all participants in any rink hockey activity for 21 days and support NHS requests for data if needed (please ensure that you do so in line with data protection legislation). For each training session organised by the club, an Attendance Register must be kept and these participants must be registered with the association within 24 hours of the session, via the link available in the Club Administration portal. For the latest information in relation to NHS Test and Trace and what your club needs to do in relation to this, please click [here](#). Should a temperature be taken

and if it is 37.8 or above or above or showing signs and symptoms of COVID-19, they should be refused and should not attend the session and told to follow procedure as laid down by [Public Health England](#).

Additional Advice for Children's Activity

- For children, maximum groups sizes of 5 should include one qualified coach All groups are to be self-sufficient e.g. a coach cannot oversee two separate groups.
- Parents should drop off and collect participants via a protocol that maintains social distancing.
- Parents should remain socially distanced on the side-line.
- For younger age groups, plastic equipment should be used and should be disinfected at the end of each session.
- We will provide recommended activities to minimise close contact between participants and minimise the sharing of equipment, whilst still creating a fun and creative learning environment.
- It is recommended that participants take part in solo activity, before moving to pairs activity that maintains social distancing and allows participants to operate in the same pair for the length of the session.
- Clubs are also responsible for continuing to ensure the environment is safe and for implementing your club's safeguarding children policy and procedures.
- Coaches working with children must have an in-date DBS Check.
- In line with Government guidance on social distancing, you must work on a ratio of one coach to groups of no more than five children in each group (1:5) and there must be a minimum of two DBS-checked adults present at any one time.
- Children (anyone under 18) should not be working 1:1 with a coach unless their parent/carer is present, observing social distancing at all times.
- It is essential that parents/carers give informed consent for their child(ren) to participate in your rink hockey session. When requesting consent, you have the ideal opportunity to be clear about what is expected of the children and their parents/carers in line with this guidance. Ensure you retain a written record of parent/ carer consent.
- Any children with additional medical or disability needs must be discussed with parents/carers to ensure you, or as the parents/carers, they can provide effective support to facilitate their involvement and appropriately update your risk assessments.
- While many families have coped well during lockdown, others may not have and for some children the experience will have been very difficult. You may be one of the first people outside the family unit that a child has met in recent times. It's important you know that some children may be struggling for various reasons, including:
 - Lacking confidence, as they have felt cut off from their friends;
 - Being confused and stressed about how to behave because of social distancing;
 - They or someone they care about may have been or still be unwell;
 - They may still be grieving because someone they love has died;
 - Hearing that people from BAME communities may be more vulnerable to Covid-19;
 - They may have been neglected emotionally and/or physically – through lack of food and/or care;
 - Children with learning disabilities may find it particularly confusing, as their routine has changed.

Additional advice for training & other activity

- Where participants cannot provide their own individual equipment, we recommend numbering hockey equipment such as balls, so that each participant has a specific numbered ball and/or cone and uses that for the entirety of the session to minimise sharing of equipment where possible.

Additional Advice for Coaches

These measures cannot cover every eventuality and coaches must conduct a risk assessment, ensuring appropriate measures are put in place to keep participants and coaches safe. Playing and coaching rink hockey in itself carries some degree of risk and whilst being mindful of the guidelines regarding COVID-19, coaches should not lose sight of the normal safety rules or safeguarding standards relating to playing and coaching hockey which continue to apply and must be complied with (DBS, safeguarding, [First Aid](#) etc).

- Coaches should make themselves aware of and abide by, all guidelines set out by the UK Government, the venue and regarding use of facilities.
- It is the coach's responsibility to ensure that they coach players in a safe environment and follow relevant guidelines.
- Coach should explain the safety guidelines of what is expected pre, during and post session including what the player is expected to do to maintain compliance with social distancing guidelines and all other health and safety guidelines.
- Coach should remind anyone intending to attend the activity that if they are showing symptoms of Covid-19 infection or have been in contact with someone displaying symptoms or diagnosed with Covid-19 within the last two weeks, they should not attend and should seek medical advice.
- In planning a session, a decision should be made and communicated on the presence of parents/carers at training. If the space allows for them to observe from a safe social distance (e.g. in their car, if they have one), then consideration will need to be given on how to ensure they maintain the social-distancing and hygiene arrangements required.

Disclaimer

Please note that the subject matter covered in this guidance is in no way exhaustive and the material does not stand on its own nor is intended to be relied upon as a substitute for obtaining specific legal advice. Individual circumstances will differ. The information contained in this guidance is given in good faith but any liability of National Rink Hockey Association of England Limited or its professional advisors (including their respective members or employees) to you or any third party which may arise out of the reliance by you or any other party of the contents of this guidance is hereby excluded to the fullest extent permitted by law. National Rink Hockey Association of England Limited and its professional advisors accept no duty of care or liability for any loss occasioned, whether caused by negligence or otherwise, to any person acting or refraining from actions as a result of any material in this guidance. We would strongly recommend that you consult professional advisors on specific issues before acting or refraining from action on any of the contents of this guidance.

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