

Dear Junior Member / Parent / Guardian,

****Important Information - Please read the below information and attachments carefully****

We at Upminster Hockey Club hope you and your families are keeping well in these uncertain times.

A huge amount of work and negotiating has been taking place over the past few months by our governing body, England Hockey, and the Government to agree COVID practices to allow hockey to get back onto the pitch in a COVID compliant manner.

Sport has always played an important role in providing a healthy environment for juniors, and at Upminster Hockey Club, we have equally been working very hard to ensure everything required by our governing body is in place as a club and also with our facility provider, Coopers Company & Coborn School.

We are excited to say that we can commence training sessions from this Sunday morning at Coopers School. Your patience is very much appreciated, and we ask that you continue to keep patient as sessions have had to be carefully planned with regards to numbers. We have tried to keep groups and timings as before but have had to make a couple of slight tweaks to ensure compliance with the required COVID numbers. We will review how things develop both at these sessions and from a COVID point of view, we may need to make changes at certain points of the season as and when required.

Session Timings and Age Groups

Please read the below information carefully for the session(s) relevant for your child/children:

| Age (at 31/8/20) | Team Age Group | School Year (2020/2021) | Boys & Girls Training Sessions |
|-----------------------------|---------------------------|------------------------------------|---|
| 6 / 7 / 8 | U7 to U9 | 2 / 3 / 4 | Friday 6.00pm to 7.00pm Sunday 9.30am to 10.30am |
| 9 / 10 / 11 / 12 | U10 to U13 | 5 / 6 / 7 / 8 | Wednesday 6.00pm to 7.00pm Sunday 10.30am to 11.30am |

| Age (at 31/8/20) | Team Age Group | School Year (2020/2021) | Girls Training Sessions | Boys Training Sessions |
|-----------------------------|---------------------------|------------------------------------|------------------------------------|-----------------------------------|
| 13 / 14 /15 | U14 to U16 | 9 / 10 / 11 | Sunday 11.30am to 12.30pm | Tuesday 8.30pm to 9.30pm |

Please note for the first week on Sunday 13th September 2020, there will be no 11.30 to 12.30 session.

COVID Information

I would like to draw your attention to our website where we have added a new section for COVID items where information and updates can be found. One area of importance is on the below link, which details guidance for those taking part. Please do take time to read this and educate yourself and your child/children before their first session.

<https://upminsterhc.co.uk/uhc-covid-policy/#>

Please also see a poster from England Hockey of some key information to remember
[file:///C:/Users/aberry.DMS_ORG/Downloads/COVID_Infographic_Stage_4%20\(3\).pdf](file:///C:/Users/aberry.DMS_ORG/Downloads/COVID_Infographic_Stage_4%20(3).pdf)

Important COVID Requirements at Sessions

When taking part in sessions at Upminster Hockey Club, whether they be a training session or a match, there will be differences than we have previously been used to. As you will appreciate, we are required to have appropriate controls in place to adhere to the COVID guidelines.

The following is a key list of items that we need you and your child/children to be aware of and abide by. Please read these carefully and coaches will re-iterate many of these during sessions.

| | |
|---------------------------------------|--|
| Prior to attending any Session | <ul style="list-style-type: none">• Self-assess for COVID symptoms - if you have symptoms, please do not attend and seek NHS guidance. Please do not feel obliged to attend any session, this will not affect future selection or membership |
| Test & Trace | <ul style="list-style-type: none">• To ensure adherence to our governing bodies guidelines on “Test and Trace”, participants will be required to complete the England Hockey Participation Agreement online prior to taking part in their first session. This has been distributed to members and we will be unable to allow a person to take part until this is completed• There will be a register system at each session for attendees via a “QR Code” available to scan at the entrance to the pitch. All participants are required to register their attendance at the session using their own / parents smartphone |
| Facilities | <ul style="list-style-type: none">• Wear all playing / training kit as changing / shower facilities will not be available• Toilets will be available in the pavilion in a COVID controlled manner as prescribed by the facility |
| Equipment | <ul style="list-style-type: none">• Please bring hand sanitiser and use frequently• Please bring your own clearly identifiable drink, which is not to be shared• Please use your own equipment and do not share any equipment with someone outside your household• We will be unable to loan a stick for the session |
| At the session time | <ul style="list-style-type: none">• Only enter the pitch area once told to do so by a coach / captain even if the pitch area is already clear and free• You must allow participants from the previous session / game time and space to safely exit• Please ensure you observe social distancing requirements around the area of entrance / exit to the pitch• Parents must not enter the pitch area and must remain outside the pitch during the session• Parents must remain at the sessions for those under the age of 14 |
| During the session | <ul style="list-style-type: none">• Respect your teammates, coaches, opposition and umpires• Do not touch the hockey balls with your hands. Only touch the ball with your stick/GK equipment• Please do not touch the cones - these will be controlled by the coach• Socially distance when play stops and where possible at training• No handshakes with other players or close contact during sessions |
| After Play | <ul style="list-style-type: none">• Clean your kit after a session or leave for 72 hours in line with guidelines• If any symptoms of COVID-19 are displayed after playing hockey, contact the Upminster Hockey Clubs COVID-19 Officer for further information (Michael Scrivener 07769 188795) |

Again, please be patient with the coaches and organisers as the COVID practices bed in, it’s a learning process for everyone to ensure these all are effective.

We look forward to seeing your child/children at the training sessions and if you have any questions, please do not hesitate to ask.

Kind regards,

Andrew Berry
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