



A guide for Eastcote Captains, Coaches, Players & Umpires for Matches

Oct 2020 - Version 1.3



GROUPS OF 6 FOR ALL OFF PITCH ACTIVITY *This includes all team talks, teas and bar. No Mixing*

General

- All teams must arrive changed, there are no showers or changing facilities available
- Toilets will be available in the clubhouse
- There is hand sanitiser everywhere, please use it!
- U18s must wear their own facemasks when defending corners
- For all games, please follow EH Guidelines <https://youtu.be/E-8Bax0-wNA>
- Please observe all clubs' guidance and signage

The new EH Guidelines & Rule of 6

- Pre & Post Match Talks should happen outside the hockey cage in groups of 6
- Physical Warm Ups & Downs should happen outside the hockey cage in groups of 6
- On field activity such as stick & ball warm up does NOT need to be in groups of 6

The Pitch has a one way System

(see drawing on next page)

Entry – walk through the entry gate and go to the far end of the pitch alongside the spectator area.

Once the previous team has cleared the dug out, then enter the playing area

Exit - At the end of the game, please clear the dug out quickly and leave via the gate you entered

Teas: Table Service only

- We are able to offer teas for all players playing at Eastcote HC but NOT visitors playing at Brunel University
- **Only tables of 6 are available, no mixing.**
- Teas will be on a timed basis. You will have a time slot c. 75 mins & then asked to leave!
- This allows time for the area to be cleaned before the next two teams arrive

Bar: Table Service Only

- The bar will also be open and will have the same timing plan as teas
- **Only tables of 6, the 6 should be the same as your "teas" table of 6**

Clubhouse

- Please wear a facemask at all times except when seated to eat and drink
- Please Check In and Out using Eve Pass

Captains

- Please ensure your oppositions are clear on all the above
- Please ensure the two forms are completed – Participation & Attendance.
- We need to complete the Attendance Form **for Home and AWAY** matches.
- Links on the next page

Let's have a safe & enjoyable season

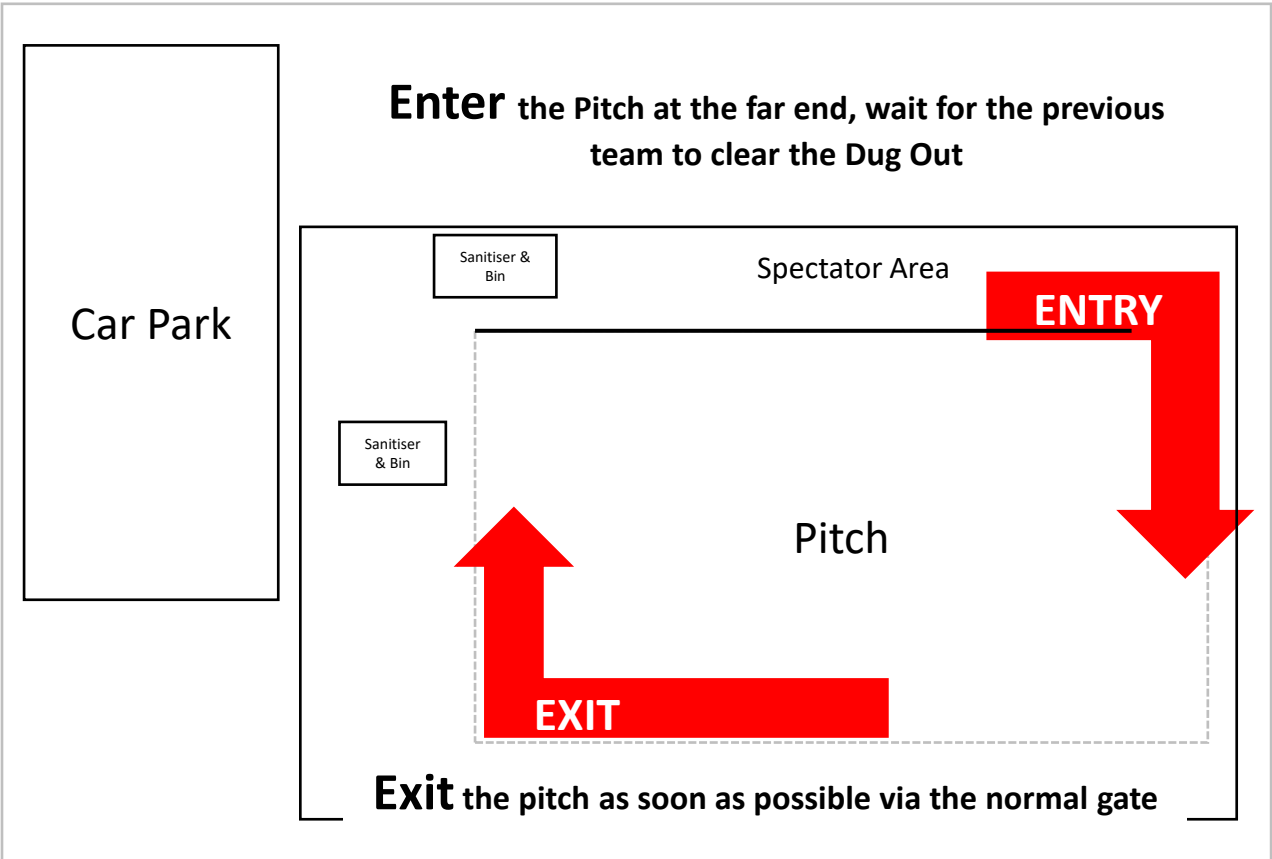
Subject to change following Government and England Hockey guidelines



Welcome to the New Season



Eastcote Hockey Club Pitch Diagram
One-way system in place to reduce crowding



Links to Complete the 2 Forms

1. Participation Agreements

Must be completed before playing for the first time, one time only. Click on the link below

[England Hockey online form](#)

2. Attendance Form

Must be completed before every training session and all home and away matches. Click on the link below

[Eastcote Hockey Club Attendance online form](#)