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COVID-19 GUIDELINES - 2020/21

- Ray Delaney and Paul Littlewood are designated Covid-19 officers and will be responsible for clearly communicating all relevant guidance to team and club members.
- A Risk Assessment has been completed by the club

Covid-19 self-assessment

- All players and spectators are responsible for their own self-assessment for any Covid-19 symptoms. No-one should leave home to participate in football if they, or someone they live with, has any of the following:
 - A high temperature (above 37.8°C)
 - A new, continuous cough
 - A loss of, or change to, their sense of smell or taste
- It is strict policy that anyone who is symptomatic (or suspects they have been exposed to the virus) should remain at home and must inform a Club Covid-19 Officer
- Competitive training can now take place, but only in an outdoor setting, provided this takes place in groups of no more than 30

Travelling to training and matches

- All players and spectators should follow best practice for travel, including minimising use of public transport. Players should walk or cycle if possible. People from a household or support bubble can travel together in a vehicle
- If players do have to travel with people outside their household or support bubble they should try to:
 - Share the transport with the same people each time
 - Keep to small groups of people at any one time
 - Open windows for ventilation
 - Face away from each other
 - Clean the car between journeys using standard cleaning products, including door handles and other areas that people may touch
 - The driver and all passengers to wear a face covering
 - Wash hands for at least 20 seconds or sanitise hands often and always when exiting or re-entering the vehicle
 - When finishing the journey players should wash their hands for at least 20 seconds or sanitise their hands as soon as possible

Match Days

- Competitive match play is now permitted, however in all settings before and after matches, all players, spectators etc. should practise social distancing
- Players must arrive changed, shirts will be provided
- Players should shower at home
- Pre-match handshake should not happen.
- Team 'huddles' should not take place
- Team talks can take place, as long as social distancing is observed
- Warm-ups/cool-downs should always observe social distancing
- Substitutes must also always observe social distancing on touchlines. Social-distancing must also be observed when a substitution is being made
- Set plays – free kicks: Referees will encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls
- Set plays – corners should also be taken promptly to limit prolonged close marking and goal posts should be wiped down before matches
- Goal celebrations should be avoided and kept to a minimum
- Interactions with referees and match assistants should only happen with players observing social distancing

- All players must remain socially distanced during breaks in play, sin bins and substitutions and at half-time
- Water bottles or other refreshment containers should in no circumstances be shared. Players are advised to bring their own drinks or refreshments, in a named container. The Club will not be providing any water bottles until further notice
- The sharing of equipment must be avoided where possible where equipment is shared, equipment must be cleaned before use by another person
- The match balls will be sanitised prior to the start of the game. The nature of football means that the ball is not frequently handled. When the ball does go out of play it should be retrieved using the feet rather than the hands where possible
- Shouting - there is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. If possible, players should therefore avoid shouting or raising their voices when facing each other during, before and after games
- Spitting - everyone should refrain from spitting
- If you need to sneeze or cough, you are encouraged to do so into the upper sleeve and advised to avoid touching your face
- If a player gets injured, a member of their household can assist (if present) and appropriate, teammates will still need to socially distance, unless a life- or limb-threatening injury necessitates compromising guidelines to provide emergency care. After contact with an injured player, the person who has administered first aid should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact or social distancing was maintained. The first aider should also avoid touching their mouth, eyes and nose
- Supporters and other spectators should remain socially distanced whilst attending games. Spectator groups must be restricted to discrete six-person gathering limits and spread out, in line with wider Government guidance, ensuring space for officials and substitutes.

Code of Behaviour

Covid-19 is a highly infectious and dangerous disease, a resumption of contact play is only achievable if those involved create and maintain a controlled environment that minimises the threat of infection. Risk in sport cannot be completely eradicated, but with caution and care, these risks can be reduced.

- Each player will need to decide when to return to contact football. They must be satisfied with the arrangements the Club has put in place.
- Be aware of your own personal health. If you show any of the Covid-19 symptoms you must stay at home, inform NHS Test and Trace and seek medical advice
- Be responsible. Read the guidance provided by the FA and by your club so that you are aware of the changes to the game and what is expected of you. This will include things like turning up already dressed to play, bringing your own labelled water bottle and being aware of meet-up times
- Practise good hygiene. Wash your hands regularly before, during and after a game
- Maintain social distancing where possible. This won't always be possible in a competitive match environment (for example when tackling an opponent) and that is acceptable. However, before, and after a game you should maintain social distancing
- Support NHS Test and Trace, the Club has your details and in the event of a Covid-19 outbreak those potentially infected will be contacted. This is to everyone's benefit so please co-operate
- Spitting and the rinsing out of the mouth is now a recognised risk to health and must be avoided.
- Avoid shouting or raising your voice, if face to face with other players
- After the game, be aware that other users may be waiting to use the facilities. Changing rooms and showers are likely to be closed
- Players must maintain government mandated social distancing rules for any social interaction after the game.