

## BIRCHWOOD COLTS JFC COVID-19 GUIDANCE – Matches & Training

(last updated 2<sup>nd</sup> December 2020)



**NB. contact in training must be kept to a minimum in Tier 3.**

The following guidelines have been produced by the FA, Birchwood Colts JFC and Active Nation to support the return to grassroots football.

A resumption/continuation of play is only achievable if **everyone** involved creates and maintains a controlled environment that minimises the risk of infection. Risk in sport cannot be completely eradicated but with caution and care, these risks can be reduced.

**Please read the following Code of Behaviour and Guidelines carefully.**

### Code of Behaviour

#### **Travelling to training or a match:**

In a tier 2 or tier 3 area, car sharing is **not** permitted with someone from outside your household or your support bubble unless your journey is undertaken for an exempt reason. For example, if car sharing is reasonably necessary as part of your work.

It is difficult to socially distance during car journeys. Where it is essential to car share, you can reduce the risk of transmission by:

- share the transport with the same people each time
- minimise the group size at any one time
- opening windows for ventilation
- travelling side by side or behind other people, rather than facing them, where seating arrangements allow
- facing away from each other
- considering seating arrangements to maximise distance between people in the vehicle
- cleaning your car between journeys using standard cleaning products - make sure you clean door handles and other areas that people may touch
- asking the driver and passengers to wear a face covering

#### **First aid:**

If a player gets injured, a member of their household can aid them if requested by the team manager, but others will still need to follow social distancing guidelines (unless a life or limb-threatening injury necessitates compromising guidelines to provide emergency care until the ambulance arrives).

First aiders must clean hands thoroughly before and after putting on and taking off PPE. In all circumstances where some form of PPE is used, the safe removal, discarding and disposal of the PPE is critical.

When coaching, taking part or attending matches/ training with your child - Active Nation have advised us on the following points:

**NO SPECTATORS/PARENTS ARE ALLOWED TO WATCH FROM THE 3G PEN SPECTATOR AREA WHILE WE ARE IN TIER 3.**

**NO ACCESS IS PERMITTED INTO THE CENTRE RECEPTION UNLESS YOU HAVE PRE-REGISTERED FOR A GYM SESSION - THE CAFÉ IS CLOSED INSIDE.**

**ONLY PLAYERS WILL HAVE ACCESS TO THE TOILETS IN ACTIVE NATION DRESSING ROOMS ON MATCHDAYS – NO PARENTS ARE ALLOWED TO ACCOMPANY THEM**

<b>Managers must:</b>	<b>Players must:</b>	<b>Parents/Carers must:</b>
<p>Be fully aware of all safeguarding policy and procedures and have all supplied PPE and sanitising equipment at the session:                      PPE - Mask, Gloves, Apron and Face shield                      Sanitising – Hand gel, Disinfectant spray                      Keep a register of all participants and record temperatures – Retain register for 21 days.</p>	<p><b>NOT</b> attend training or games if displaying any Covid-19 symptoms <b>outlined on the clubs’ self-assessment checklist.</b>                      Parents will need to read the COVID-19 self-assessment document - player can only register when a parent confirms they’ve none of these symptoms at the start of every training session.</p>	<p><b>NOT</b> attend training if you or your child is displaying any Covid-19 symptoms <b>outlined on the clubs’ self-assessment checklist.</b>   <b>ONLY sign players in at training each week once you have confirmed that you have read the clubs’ self-assessment checklist.</b></p>
<p>Ensure written consent has been given by parents/Carers prior to them participating in contact football.</p>	<p>Have written consent from parent/carer</p>	<p>Give written consent for their child/children to return to contact training and matches.</p>
<p>Mark out an area for each player to leave their own drink and hand sanitiser 2m apart.                      This should be on a cone/spot with their name clearly visible on it.</p>	<p>All players <b>MUST</b> bring hand sanitiser to training in a named bottle and leave them in designated area.</p>	<p>Ensure your child is aware of the Government guidelines around social distancing.                      If the player or anyone in the household has any of the symptoms, please <b>DO NOT</b> bring them training.</p>
<p><b>Ensure Parents/Carers do not enter the 3G enclosure while we are in Tier 3 and instruct them to watch from outside along the perimeter</b></p>	<p>Sanitise hands before and after training as well as during drinks breaks and <b>immediately after touching any equipment.</b></p>	<p><b>Tier 2 &amp; 3 restrictions state that you must watch from outside the 3G enclosure and maintain social distancing in your household or social bubble (Rule of 6)</b></p>
<p>Wipe down and clean ball(s) and goal posts before and after training. Along with sanitising and washing any other equipment players may have touched during the session – poles, bibs, cones.</p>	<p>Maintain social distancing before, after and during any breaks.</p>	<p>Maintain social distancing throughout your time on the field. You may be asked to leave if you do not observe this whilst at Active Nation by a team manager, committee member of Active Nation member of staff.</p>

<b>Managers must:</b>	<b>Players must:</b>	<b>Parents/Carers must:</b>
<p>Ensure players and coaches sanitise hands at the following times:</p> <ul style="list-style-type: none"> <li>- before training/match starts</li> <li>- after they've touched any equipment</li> <li>- at breaks in training (at least once every 30 mins)</li> <li>- at the end of training</li> </ul>	<p>Avoid shouting when in a face to face situation No spitting or splashing water on each other</p>	<p>Stay in the assigned spectator area until the training has finished.</p> <p>Challenge the manager if they feel these guidelines aren't being followed and if required report to our Club Child Welfare Officer <a href="mailto:c.penning@ntlworld.com">c.penning@ntlworld.com</a></p>
<p>Not share bibs. Players should only wear one bib, unless they get a second clean bib, rather than swapping with someone.</p>	<p>Arrive no more than 10 minutes before the start of the session.</p>	<p>Not retrieve the ball if it goes out of play</p>
<p>Ensure social distancing is observed during warm-ups, afterwards and during breaks in the session.</p>	<p>Remember - If you need to cough or sneeze - use a tissue or upper sleeve and avoid touching your face</p>	<p>Avoid shouting</p>
<p>The session should be delivered using predominantly feet only, and goalkeepers must wear GK gloves and clean these in breaks too.</p> <p>i.e. no picking up the ball or cones etc.</p>	<p>Not share kit, equipment, hand sanitiser, water bottles or any necessary medication (e.g. inhaler) with any other player and keep it in your designated area</p>	<p>Bring participants fully dressed and prepared for training, including a drink and bottle of hand sanitizer with their name on.</p>
<p>Avoid shouting or raising voice if in a face to face situation or when near players.</p>	<p>Follow social distancing guidelines for goal celebrations In set plays - avoid long set up or close marking</p>	<p>Take all rubbish away and dispose of safely</p>
<p>Limit persistent close proximity of participants during the session and ensure they are socially distant if possible, i.e. lining up 2m apart</p> <p>No close proximity face to face drills should be planned and no team talks / huddles.</p>	<p>Do Not touch equipment or goalposts unnecessarily during training.</p>	<p>Only parents or Carers to attend training.</p> <p>Siblings may be brought if un-avoidable but must remain with the parents.</p> <p>No extended family / friends.</p>

<b>Managers must:</b>	<b>Players must:</b>	<b>Parents/Carers must:</b>
<p><b>FIRST AID</b> – Wear the following PPE when attending to an injury and remember to ask for Active Nation staff to offer support if available:</p> <p><b>Water-resistant face mask (WRFM)</b> – where 2m distance cannot be maintained.</p> <p><b>WRFM and disposable gloves and apron</b> – when within 2m of player, face to face contact for assessment and supporting the player.</p> <p><b>Visor for Eye protection, WRFM and disposable gloves and apron</b> - where it is determined there is a risk of splashing (e.g. sneezing, vomiting, etc.).</p> <p>CPR – If performing CPR use the face shield provided and ask Active Nation to support.</p> <p>Dispose of used PPE securely after use. Ask their parents/carer to help if required and permission given by yourself and referee.</p> <p>Any bodily fluids (vomit, sick, spit) should be cleaned away and the area sanitised. This may mean the pitch / training area needs to be changed if cleaning isn't possible or cordoned off.</p>	<p>Challenge the manager if they feel these guidelines aren't being followed and if required report to our Club Child Welfare Officer <a href="mailto:c.penning@ntlworld.com">c.penning@ntlworld.com</a></p>	<p>Let the manager know if you do not want them to attend an injury to your child on the pitch to administer first aid.</p> <p>Seek permission from the manager/referee before entering the field of play</p>

**NB.** The Birchwood Colts Committee and Active Nation staff will be completing spot checks and not following these rules will result in a suspension for the coach, player, parent or team from undertaking training and matches. Active Nation staff, Birchwood Colts JFC and all their volunteers reserve the right to ask you to leave Active Nation if you are unable to abide to these club rules.

**THANK YOU FOR YOUR CO-OPERATION, IT IS APPRECIATED.... NOW LET'S PLAY FOOTBALL AGAIN!!**