



Ross Juniors Football Club

Herefordshire Sports Club 2013 and 2015
Herefordshire FA Community Club 2014
Herefordshire & Worcestershire Community Sports Club 2015



Covid 19 Update

With the Government announcing the easing of lockdown measures and a return to outdoor sports on the 29th March, we will hopefully begin to see some degree of normality returning to our lives.

The purpose of this document is to share key information with Parents, Carers and Coaches regarding the latest guidance from the FA. Whilst Covid-19 remains a part of our daily lives, it is important that the rules which are in place to minimise the potential transmission of Covid-19 are understood.

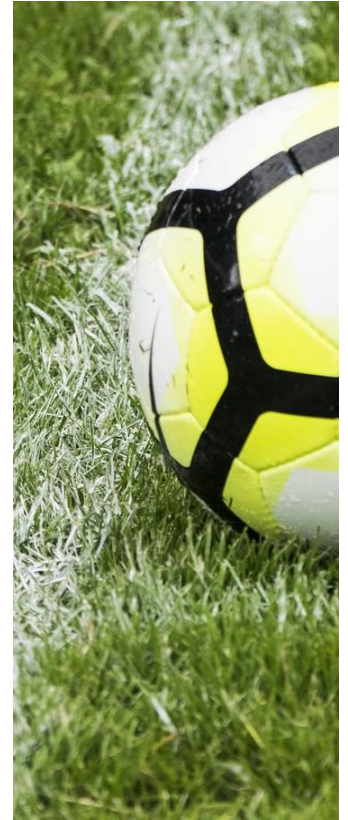
Ross Juniors Football Club have prepared for the return to football and are committed to ensuring the safety of our players, coaches, spectators and match officials at all times.

We ask that you read the enclosed information carefully and contact our Covid-19 Officer with any queries or concerns that you may have.

PLEASE NOTE

Whilst the Government have issued the guidance and route out of lockdown, these are not definitive steps, nor are the dates confirmed, we will be regularly assessing the situation and will take steps in order to comply with updated guidance.

Ross Junior Football Club Committee.



STEP ONE Guidance

Outdoor sports can recommence as of Monday 29th in line with the Governments Roadmap out of lockdown.

The following is key information which must be read in order to comply with the current guidance.

Spectators

Only one spectator per child will be permitted to attend matches or training sessions, this is for Youth Football only, there are to be no spectators at adult grassroots football. Where spectators do attend, they must comply with social distancing rules.

Changing Rooms

Changing facilities and toilets will not be accessible initially, the only exception to this rule will be in emergency situations or by disabled people taking part in sporting activities.



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Update	Step One		Step Two	Step Three	Step Four
	8 th March	29 th March	No earlier than 12 th April	No earlier than 17 th May	No earlier than 21 st June
	Schools return, including play for school age children as part of educational provision and wraparound care – following DfE guidance.	Outdoor grassroots football returns – following all FA guidance No spectators No changing rooms No hospitality.	Indoor football for under 18s returns – subject to Government approval. Socially distanced spectators permitted – in accordance with Government Guidelines. Changing rooms can be used – following strict Covid-19 protocols Outdoor food and drink allowed – following the rule of six or two households	Organised indoor football returns – subject to Government approval. Socially distanced spectators permitted – in accordance with Government Guidelines. Changing rooms can be used – following strict Covid-19 protocols Outdoor food and drink allowed – following the rule of six or two households	No legal limits on gatherings. Larger events allowed.

Track and Trace

In line with NHS requirements, RJFC have created NHS Track and Trace QR posters, which are located around the pitches at the Sports Field, these remain an important tool in helping to monitor possible transmission of the virus.

We would encourage all those who have not yet done so, to download the app from either the I-Store or Google Play and 'check in' when you attend training and matches.

The Track and Trace app works by exchanging anonymised handshake codes via low-strength Bluetooth between mobile phones that have the application installed and active. These 'handshakes' are stored for 14 days before they are overwritten. Should a user enter a positive test result to the application, it will, if given permission, upload your anonymised contact codes which are then shared to all other phones with the app installed.

It is important to remember that no data is held by the app which would be able to identify you at any time.

Where a player attends training or matches without a smartphone, the coach will record their attendance, these records will be held for 21 days in line with Government requirements before being destroyed.

Identified Hazards	Who may be affected	Risk Level before control measures				Control measures	Additional Controls	Final Risk level			
		S x L = R						S x L = R			
		S	L	R	RR			S	L	R	RR
Exposure to COVID-19	Players, Coaches Parents, Siblings Club Officials	5	3	15	H	<ol style="list-style-type: none"> 1. Prior to every training session Players and coaches must carry out self-screening health checks as stated in the FA Covid-19 safeguarding Risk assessment guidance if they are unwell, whether symptoms are related to covid-19 or other illness they will not be permitted to take part. 2. Players and coaches taking part in Training must maintain two metre separation before, after and during breaks. 3. Good hand hygiene must be practiced, with everyone hand washing/sanitising before and after and at breaks in training sessions or matches. 4. Players will be reminded not to touch their eyes, nose, or mouth whilst attending training sessions or Matches. 5. Equipment must be sanitised before and after and during each training session where necessary 6. Training session will be booked with the committee who will plan training days to limit large gatherings. 7. Players may not travel into or out of Tier 4 areas to participate in training or match play 8. Players MUST bring their own water bottles and hand sanitiser which should be clearly marked with the person's name that the bottle belongs to, and only used by that person. 9. Parents/Spectators will be instructed to keep to social distancing guidelines by information sent via email 10. Coaches should keep a register of all players that have attended a training session of match and keep this register for a minimum of 21 days, this is to be able to provide information for the government track and trace programme. 	<ol style="list-style-type: none"> 1. Each team will be provided with non-contact digital thermometers to check temperatures on arrival. Coaches will maintain an accurate record of those attending training for a period of 21 days in line with JKHS requirements using the most appropriate method. 2. Signage around the facility to remind everyone of social distancing requirements 3. Players are required to bring their own hand sanitiser, but each team will be provided with hand sanitiser as a backup. 4. n/a 5. Coaches to attend a briefing on the importance of sanitising equipment 6. Training session taking place on the same day will have staggered start and finish times. 7. Players will have a designated place to put their kit which will be 2 meters away from another players designated place. 8. Signage encouraging social distancing will be placed at points around pitches <p>9/10. N/A</p>	5	1	5	M

Each participant should self-screen prior to arrival at training to ensure they do not have any of the following symptoms (confirmed by a parent for Those under age 18), as these are potential indicators of covid-19 infection. Where a check returns positive, the player should not attend	Check Negative	Check Positive
A high temperature (above 37.8oC)		
A new continuous cough.		
Shortness of breath.		
A sore throat.		
Loss of or change in normal sense of taste or smell.		
Feeling generally unwell.		
Persistent tiredness		
Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks.		



CHARTER STANDARD
COMMUNITY CLUB

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NIKE PARTNER CLUB

Pitch Layout:

Pitch 8	5 v 5
Pitches 2, 3 & 7	7 v 7
Pitches 1 & 5	9 v 9
Pitches 4 & 6	11 v 11

