



Ross Juniors Football Club

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



Coaches Brief

We ask that you consider the following information when preparing for training sessions or matches. It may not be necessary to read the full script to your team, but there are a number of key points which we would appreciate you being mindful of and correcting player behaviours as is necessary. This is a brief based on the Code of Behaviour document prepared by the FA in light of a return to football.

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, based on their own circumstances and the arrangements that have been put in place for a safe return. This is particularly the case for players from BAME (Black, Asian, Minority Ethnic) communities or those with underlying health conditions.

All those returning to competitive grassroots football must adopt the following code of behaviour:

- **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 being prepared to wash your own kit, bringing your own labelled water bottle and being aware of changes to meet-up times.

- **Practise good hygiene.**

Wash your hands regularly and before, during and after a game.

- **Where possible maintain social distancing.**

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.**

You're likely to be asked to provide your details so that in the event of a Covid-19 outbreak those potentially infected can be traced. This is to everyone's benefit so please co-operate.

- **Do not spit.**

Spitting and the rinsing out of mouths is now a recognised risk to health and must not be done.

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 and any socialising must follow the Government's guidance on social distancing.

Coaches Brief

Key Points for Step One

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.

Hygiene

The virus can be passed on by touching a person, surface or object that has been contaminated with respiratory droplets from an infected person previously touching the surface e.g. doorknob or sports equipment.

While groups can practice ball skills like passing and kicking, equipment sharing should be kept to an absolute minimum and strong hand hygiene practices should be in place before and after use.

Spare balls should be placed around the pitch for use where the match ball exits play. Before a ball is returned to play, it should be cleaned with a disinfecting spray.

Parents should be encouraged to not pick up, retrieve or pass balls back which have left the field of play.

Please remind players to regularly use sterilising hand gel during training sessions, each player should have their own sterilising gel for use.

In the event that a player develops covid symptoms during training or a match;

- Separate the player immediately from the wider group.
- Determine if the player needs urgent medical attention and if so call for help (may include an ambulance)
 - If they are a child they should be taken home, or to seek medical attention if required, by a member of their household waiting in the car, and follow government guidance for symptoms of Covid-19.

First Aid

The FA have issued updated guidance in terms of managing First Aid scenarios, these are graded from minor, no touch interventions through to the provision of CPR. Guidance has been developed by the FA that covers the PPE (Personal Protective Equipment) that is required in order to keep the care provider safe during these interactions. Further equipment is currently being sourced and additional guidance will be provided you all explaining updated protocols shortly.

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.		