



Ross Juniors Football Club

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



Covid-19 Additional Guidance

Following the announcement by FA on 18th July, Ross Juniors Football Club committee has agreed that competitive training can restart, and from the 1st August friendly matches can take place so long as the following guidelines and FA guidance are adhered to. This is in addition to previous guidance and video briefing that has already be given.

General

- Coaches **MUST** keep a register of all training and match participants and keep for a minimum of 21 days to comply with the government Track and Trace programme.
- Coaches **must** ensure that both home and away team have recorded the players that have attended the game, to adhere to the government track and trace programme
- All participants **must** complete a self-screening check and coaches **must** check this has been completed (FA checklist below)
- All existing hygiene measures **must** continue, with extra breaks added to allow players to sanitise Training/matchday equipment used **must** cleaned before and after use, including goals and corner flags.
- Players should 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. These should be kept apart and in an area which will not cause players to become within 2 meters of each other.
- Bibs should not be used unless they can be washed after each use.
- The maximum number of people per training group is 30 (including the coaches). A coach can train more than 1 group so long as those groups are kept separate and the ratio of adults to children as set out in The FA Safeguarding Policy are adhered to (Download 5.5).
- Coaches **must** allocate a space for spectators which allows for social distancing, coaches **must** ensure spectators don't exceed groups of 6 people

- Each child training must be allocated an area to store their own equipment in, such as water bottles, kit bags etc. Water bottles should be clearly labelled with the child's name and must NOT be shared..
- Coaches must make players and parents/carers aware that by taking part in training or matches all involved agree to follow Appendix 1 Code of Behaviour as detailed in the FA covid-19 guidance on the restarting outdoor competitive Grassroots football
- Coaches must be mindful of those children taking part in training/matches and the impact that social distancing could have on their behaviour and mental health, as per appendix 2 of the FA covid-19 guidance on the restarting outdoor competitive Grassroots football

Matches

- RJFC committee must be notified of any friendlies arranged
- Pitches for home matches must be booked via the pitch booking process and confirmation given prior to the match taking place
- Spectators should not touch the football if the ball goes out of play, a player must retrieve the ball using their feet only to reduce the time the ball meets the players hands i.e. a throw in
- Coaches and substitutes must adhere to social distance guidelines when in the technical area.
- Players and coaches should not spit and should avoid shouting when facing each other
- Coaches should encourage players to avoid unnecessary long set ups or close marking, joint goal celebrations should be avoided
- Coaches should consider more hygiene breaks i.e. play 4 x 15mins rather than 2 x 30mins
- Coaches will ensure they have communicated the training plan/drills with the players parents/carers prior to the session taking place. Coaches should also ensure that all players understand that they should maintain social distancing before after and at breaks during training.

Matches (cont.)

- Coaches must ensure that due regard is taken for match officials, a separate area must be provided for any match official to place their kit, and to return to at breaks in play if required.
- Coaches must confirm that match officials have their own hand sanitiser.
- Where parents are used as linesmen, Coaches must supply flags which have been sanitised before use and ensure they are sanitised after use
- Referees must provide a whistle for their sole use only.
- Coaches should be mindful of the welfare of any official, especially those under 18 years of age
- Where possible, players, coaches and officials should arrive changed and shower at home.
- Match fees will be collect using a cashless payment system

By booking a pitch for training or a match you are agreeing to adhere to the above.

Ross Juniors Committee

RE-STARTING OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL – SUMMARY COVID-19 GUIDANCE



FOR CLUBS, PLAYERS, COACHES, CLUB OFFICIALS, CLUB WELFARE OFFICERS, MATCH OFFICIALS, LEAGUE OFFICIALS, VOLUNTEERS, PARENTS/CARERS SPECTATORS AND FOOTBALL FACILITY PROVIDERS – Published: 18 July 2020

This document outlines actions to be taken before, during and after all competitive grassroots football activity in England. It should be read in conjunction with the latest UK Government Covid-19 guidance available [here](#) and the more detailed guidance document produced by The FA, available [here](#).

In outdoor competitive training and matches, physical contact is now allowed, but for all other activity (e.g. warm-ups/cool-downs) the Government guidance on social distancing should be observed, read [here](#). Should Government guidance change in response to the current Covid-19 Alert Level, The FA guidance will be updated accordingly.

BEFORE ACTIVITY

- Everyone should self-assess for **Covid-19 symptoms** before every training session or match. If you are symptomatic or living in a household with possible or actual Covid-19 infection you must not participate or attend. You should stay home and follow the latest **Government guidance**.
- Clubs/facility providers should appoint a Covid-19 officer and conduct a thorough **risk assessment** before re-opening or re-starting competitive activity. They should also follow current **'NHS test and trace'** protocols, such as keeping an attendance register.
- Personal hygiene measures should be carried out by everyone and hand sanitisers brought and used at the training/match venue.
- The sharing of kit and equipment should be avoided, but where equipment is shared, it must be cleaned before use by another person.
- Goal posts and corner poles should be wiped down before matches, after matches and at half time.
- Follow Government guidance for travel, including minimising use of public transport.
- Active participants should arrive changed and ready to take part.
- Youth team coaches should re-acquaint themselves with all safeguarding policies and procedures.
- Meet-up times should be adjusted to avoid time spent congregating at a venue.
- Use of clubhouses, hospitality facilities, changing rooms and toilets must adhere to **Government guidance**.

Anyone who is deemed vulnerable in respect of Covid-19 is reminded to follow the Government's guidance, only returning to football when it's right for them to do so.

DURING TRAINING & MATCH PLAY

- Competitive training can take place for all participants, in an outdoor setting provided this takes place in groups of no more than 30 (including coaches).
- Competitive match play is permitted, with social distancing in place before and after the session, and in any breaks in play.
- The sharing of kit and equipment should be avoided and participants should bring their own drinks or refreshments, in named containers.
- When the ball goes out of play, it should not be retrieved by non-participants and should be retrieved using the feet rather than the hands where possible.
- Participants must not spit and should avoid shouting or raising their voices when facing each other, as detailed in The FA Covid-19 Code of Behaviour.
- Set plays: players are encouraged to avoid unnecessarily long set-up or close marking. Other modifications apply to specific situations, such as goal celebrations being discouraged. Read more in The FA's more detailed guidance [here](#).
- Youth football coaches are encouraged to limit persistent close proximity of participants during match play and training.
- Observing rigorous hygiene standards, injuries can be treated. See full guidance [here](#).
- Spectator groups should be limited to six people per group and spread out in line with wider **Government guidance**.
- Match fee payments should be cashless – consider using **The FA Matchday App**.
- Small-sided football should include more regular hygiene breaks in activity and players discouraged from touching or tackling against boards.

AFTER ACTIVITY

- Hands should be washed at the earliest opportunity and personal equipment should be wiped down with a disinfectant.
- Unless absolutely necessary, participants should take their kit home and wash it themselves, or by family members. Post-activity showers should be taken at home.
- Everyone must continue to maintain **social distancing** including in any facilities where groups of people congregate (e.g. clubhouses).
- Everyone should leave following the traffic-flow system the club or facility provider has put place.
- Anyone who becomes infected after training/matches should report this to the **NHS test and trace system**.

DISCLAIMER

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.	Check negative	Check positive
A high temperature (above 37.8°C) <ul style="list-style-type: none"> Some clubs may include on-site temperature checking of participants as part of their SOP, this is more relevant to clubs who employ medical staff. 	<input type="checkbox"/>	<input type="checkbox"/>
A new continuous cough.	<input type="checkbox"/>	<input type="checkbox"/>
Shortness of breath.	<input type="checkbox"/>	<input type="checkbox"/>
A sore throat.	<input type="checkbox"/>	<input type="checkbox"/>
Loss of or change in normal sense of taste or smell.	<input type="checkbox"/>	<input type="checkbox"/>
Feeling generally unwell.	<input type="checkbox"/>	<input type="checkbox"/>
Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks.	<input type="checkbox"/>	<input type="checkbox"/>

