



## **CLIFTON RANGERS YFC. COACHES, PARENT & PLAYERS COVID-19 GUIDANCE/PROTOCOL FOR TRAINING AND MATCHES**

### **Self Assessment**

All players, officials, volunteers and spectators must undergo a self-assessment before any training session or match. If you or anyone in your household has any of the following symptoms you should not attend. Please follow government guidelines and seek medical assistance from 111 if required.

- A high temperature (above 37.8°C);
- A new, continuous dry cough;
- A loss of, or change to, their sense of smell or taste.
- Shortness of breath or a sore throat
- Feeling unwell

Upon commencement of a training session or match the following must be adhered to:

- Spectators must ensure that social distancing is always adhered to throughout the event and remain behind the respect barriers.
- Coaches must keep a record of who has attended each match and session. This is confirmed prior to the event commencing, in order to follow the NHS track and trace protocol.
- Players must use hand sanitizers before, during and after the event.
- Players boots should be wiped or sprayed with sanitiser before training or matches
- Players must turn up to the event ready to commence in a clean kit which should also be taken home after the event.
- Pre and post match handshakes should not take place.
- Players must have their own water bottle/refreshments which is clearly labelled – no sharing of water bottles is permitted.
- Players must not spit or raise their voices towards or in the face of another player as detailed in the FA Covid-19 Code of Behaviour.
- Officials must ensure the equipment is sanitized prior to the start of the event,
- Players should where possible retrieve the ball when it goes out of play and not a non-player.
- Players who suffer injury must be attended to by a member of their own household or social bubble. In life threatening emergency or serious injury, appropriately trained representatives will attend in addition to calling the emergency services.

This is a summary of our Covid-19 Risk Assessment, full version available on request.