



Ewhurst Junior FC

'Play safe guidelines, Return to managed play'

Latest FA Guidance

RE-STARTING INDOOR AND 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: 17 September 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 indoor and outdoor competitive training and matches, physical contact is now allowed, but for all other activity (e.g. warm-ups/cool-downs) the Government guidance [here](#) on social distancing should be observed. 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 general risk assessment, as well as a specific **safeguarding 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 AND MATCH PLAY

- Competitive training can take place for all participants, in indoor and outdoor settings, provided this takes place in groups of no more than 30 (including coaches). Participants at indoor venues should adhere to the rules put in place by that facility.
- 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:

This guidance is for general information only and does not constitute legal advice, nor is it a replacement for such, nor does it replace any Government or PHE advice; nor does it provide any specific commentary or advice on health-related issues. Affected organisations should therefore ensure that they seek independent advice from medical practitioners, or healthcare providers, prior to implementing any re-opening plan, as required. Independent legal advice

should be sought, as required and depending on your, or relevant circumstances. While efforts have been taken to ensure the accuracy of this information at the time of publication, the reader is reminded to check the Government website to obtain the most up-to-date information regarding social distancing and any other Government measures.

THANK YOU! NOW LET'S GET OUR GREAT GAME GOING AGAIN – SAFELY.

What will social distance football look like?

- These guidelines are as per the FA's guidance on re-starting football activity published on 17th September 2020.
- Everyone involved (players & coaches) must self-assess for Covid-19 symptoms before every session. If you are symptomatic, or living in a household with possible or actual Covid-19 infection you **must not** participate or attend.
- Coached sessions should be limited to group sizes of no more than thirty participants (**including coaches**).
- All parents must give consent to the club for their player(s) to take part – until this is received the player is not able to participate.
- All attendees must sanitise their hands before & immediately after the session.
- Social distancing between players, and between the coach and players should be maintained at all times.
- Whilst some contact is now permitted, it should only be where necessary, such as in a game situation, but kept to an absolute minimum still.
- All equipment must be thoroughly cleaned before & after every session.
- A register will be kept of those players attending to help manage the NHS Test & Trace.
- The use of the Teamer App is mandatory so the names & numbers of attendee's is kept – Jason Perry, our CWO, is to be included on every age group.

Expectations for EJFC Coaches

- All sessions & matches must be sent via the Teamer App with replies received from all participants taking place.
- Coaches are not to use shared EJFC equipment and the clubhouse, store cupboard & garage at Ewhurst Rec must remain shut & out of bounds to all persons apart from for getting the goal nets.
- All equipment to be used must be disinfected before every session then cleaned & disinfected after every session.
- Social distancing should be maintained at all times outside of a match scenario & even then kept to an absolute minimum.
- Ball handling should be kept to a minimum with most contact via the boot.
- The balls being used should be disinfected at regular intervals during breaks in play.
- Personal items such as the player's water bottles & hand sanitiser should be placed 2m apart – the use of cones or markers is recommended to provide a visual guidance. No sharing of these personal items is permitted !
- No Toilet facilities are available – please make the players & parents aware.

Expectations for EJFC Players

- Adhere to Social Distancing Measures (2M) this includes team members, coach and parents.
- Players must bring their own drink bottles & hand sanitizer which are easily identified (no swapping or sharing).
- Spitting is strictly banned.
- Hand hygiene is imperative - use alcohol gel to clean your hands before & after every session
- Avoid touching your face.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- If you feel unwell you must not attend training even if you really want too.
- No Toilet facilities are available.

Expectations of EJFC Parents

- Please make you player(s) aware of the expectations of them on the previous page.
- Please observe the Government guidance on social distancing when arriving at, during & when leaving the session. Please ensure you are in groups of no more than 6 persons.
- You will need to stay at the location in case any first aid is required for your player.
- We are asking that parents bring hand sanitizer for both themselves and their player.
- We require all participants to have completed the questionnaire via the following link - <https://app.proactivereporting.com/covid19/form/TpL1JZDtSnhHV7ia>
- We require ALL parents to monitor their player's health both pre and post session. If your child feels unwell please ensure they stay at home and do not attend training! Please advise your age group coach should your player show any symptoms after attending a session then follow the Government's 'test and trace' guidelines, which can be read on the government website.
- No toilet facilities are available.
- Ensure your child has enough fluids for the session.

Health, Safety & Hygiene

- In order to adhere to social distancing guidelines coaches will deliver first aid to players only in cases which are either life threatening or possible broken limbs. Face masks & gloves are to be used should this be needed. If an emergency then we would call 999.
- Hand hygiene is imperative - use an alcohol based gel to clean your hands before & after every session.
- Avoid touching your face.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- If anyone develops symptoms of COVID-19 following a session then the age group's head coach must be informed & the club will then follow the Government's 'test and trace' guidelines.

Match Day Environment

- No handshakes should take place pre or post match.
- No 'team talk huddles' – social distancing requirements should be observed.
- Warm ups should always observe social distancing requirements.
- Coaches must observe the social distancing requirements on the touchline.
- Substitutes must observe the social distancing requirements both when off the pitch & when a substitution is being made.
- Goal celebrations should be avoided.
- All participants must remain socially distanced during any breaks in play (e.g. half time).
- Water bottles should be placed in a designated area 2m apart – they must not be shared !
- Any payments (e.g. referee fees) should be made in a cashless manner where possible.
- Spectators should not retrieve the ball when it has gone out of play, the players should retrieve the ball. Should a spectator retrieve it then they must use their feet rather than their hands. Please ask the spectators not to retrieve the ball though.

Equipment

- All equipment must be cleaned & disinfected after every session.
- No items to be shared between players (e.g. goalkeeper gloves)
- It is still advised that players stick to their own ball as much as possible. Only design practices around players using their feet, NO heading exercises and players should not touch the balls with their hands.
- Ensure all equipment is removed from the pitch at the end of the session.