Holme Rovers JFC

Covid 19 Guidance Document

**Playing and Participating**

• If you choose for your child to take part, you will need to give your written consent to the club and or coach. Ensure you are comfortable with the club’s Covid-19 planning arrangements before doing so.

 • You may already be aware that the period of isolation may have resulted in your child becoming anxious or unsure whether to resume previous activities, such as football. Please only support their return to football activity when they feel confident to do so and you feel the activity is safe and right for them.

 • Your child must arrive changed and ready to exercise.

 • Ensure your child takes their own water bottle and their own hand sanitiser, both clearly marked with their name. They must not share these with anyone else.

 • Please ensure your child/children know how to maintain good hygiene and hand washing;

• Young children may struggle to maintain social distancing. Please continue to do your best to help your child recognise what two metres or ‘one-metre plus’ look and feel like – for example, related them to arm spans or standing jumps for example;

• Despite the changed circumstances the organiser of the activity still has a responsibility to implement The FA’s safeguarding requirements. Anyone involved in activity directly with children (anyone aged under 18), must have an in-date DBS Check, is responsible for ensuring the environment is safe and should have completed some FA safeguarding training;

• Coaches must ensure the ratio of coaches to children is appropriate – see FA Guidelines

•Competitive match play is now permitted, however, in all settings before and after matches all participants should practise social distancing.

• Pre-match handshake should not happen. Instead players will be asked to hand-sanitise before kick-off;

 • Team talk huddles should not take place. Team talks can take place, as long as social distancing is observed and held outdoors where possible;

• Warm-ups/cool-downs should always observe social distancing;

 • Coaches, other team staff and substitutes are allowed, but must also always observe social distancing on touchlines/dug-outs. Social-distancing must also be observed during interactions when a substitution is being made;

 • Set plays – free kicks: referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls;

 • Set plays – corners should also be taken promptly to limit prolonged close marking and goal posts should be wiped down before matches , after matches and at half time.

 • Goal celebrations should be avoided;

 • Interactions with referees and match assistants should only happen with players observing social distancing;

 • Small-sided football should be modified to provide more regular hygiene breaks in activity. Players should be discouraged from touching boards at any time, with tackling against boards discouraged. Referees should consider stopping play when this happens.

• Youth football coaches are encouraged to limit persistent close proximity of participants during match play (where young participants may be more likely to cluster around the ball) and provide regular hygiene breaks in activity.

The sharing of equipment must be avoided where possible. Where equipment is shared, equipment must be cleaned before use by another person. Participants should take their kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials.

 Where kit absolutely has to be shared or kept together (e.g. last-minute stand-in players, shortage of kit, or an essential club function), each person handling it must wash or sanitise their hands immediately after and appropriate cleaning arrangements for the kit must be made.

The nature of football means that the ball is not frequently handled. 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. Where there are breaks in the game, or training, if throw-ins or handling has occurred the ball should be disinfected. Further guidance on disinfecting can be found here.

 Shouting - There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. This particularly applies indoors (e.g. inside clubhouses) and when face to face. If possible, players should therefore avoid shouting or raising their voices when facing each other during, before and after games. This is included within The FA’s Code of Behaviour (see Appendix 1).

Spitting Everyone should refrain from spitting. If you need to sneeze or cough, you are encouraged to do so into a tissue or upper sleeve and advised to avoid touching your face. Ensure any tissues are disposed of in a sealed bin as soon as possible.

Supporters, parents, and other spectators should remain socially distanced whilst attending events. Spectator groups must be restricted to discrete six-person gathering limits and spread out, in line with wider Government guidance, ensuring space for officials, coaches and substitutes.

After training sessions and/or matches, participants must maintain government mandated social distancing for social interaction. This includes in any available changing rooms, showers, and any clubhouse facilities or other venue that participants may congregate in afterwards.

**Code of Behaviour**

CODE OF BEHAVIOUR 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 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 cooperate.

 • 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

**FINALLY**

Thank you in advance for playing your vital part in helping our great game get going again. By observing Government guidance and the football-specific protocols, let’s work together to ensure the transition back to competitive grassroots is as smooth and safe as possible. But remember, if you’re not comfortable returning to football, whatever your role, there is no pressure to do so. Everyone’s health, wellbeing and safety are the priorities.