



Coalpit Heath Football Club

Covid-19 Guidance - July 2020

Introduction

The FA released guidelines to enable the commencement of outdoor competitive grassroots football. This document outlines the Covid-19 procedures for Coalpit Heath Football Club.

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	DURING TRAINING & MATCH PLAY	AFTER ACTIVITY
<ul style="list-style-type: none">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. <p>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.</p>	<ul style="list-style-type: none">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.	<ul style="list-style-type: none">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.

Coalpit Heath Football Club is a community football club, is it important we demonstrate good practices by following these guidelines and ensuring any training sessions and matches do not have a negative impact on the community or club.

Coalpit Heath Football Club must follow the phased return to competitive football activity as set out by the FA:

- Until 31 July – When ready, competitive training, with the overall group size (inclusive of coaches) being limited to 30 people;
- From August – Competitive matches to begin, for example pre-season fixtures, festivals and small sided football competitions;
- From September – Grassroots leagues e.g. Hanham Minor League and Avon Youth League.

If coaches do not abide by the guidelines, the committee will have the right to cancel training sessions and matches.

Covid-19 Officer

The FA guidelines state that the club must identify a Covid-19 Officer. This person is responsible for the writing and ongoing monitoring of the guidelines. The Covid-19 Officer may assign a Covid-19 Team who will assist with the ongoing monitoring of compliance to guidelines.

Coalpit Heath Football Club's Covid-19 Officer can be contacted via covid19@coalpitheathfc.org.uk.

The club's committee will form the Covid-19 Team who will monitor ongoing compliance with the guidelines.

The Manor Playing Fields - Signage and Traffic Flow System

To ensure social distancing is maintained at the Manor Playing Fields, a traffic flow system has been developed to ensure people arrive and leave the site from designated points.

The manor field map provides details of the traffic flow system and should be shared with all parents and visiting teams. Parents should be encouraged to adhere to relevant entrance and exit points.

Coaches will not be responsible for managing or policing the traffic flow system.

The Manor Playing Fields - Compound

There is only one entrance and exit to the Compound, due to this, the Compound must remain inaccessible to players, parents and members of the public.

Coaches must maintain social distancing within the compound and wear medical gloves to prevent transmission through the opening and closing of gates and shed doors.

Only one person must be in a shed at any one time.

The Manor Playing Fields - Toilets

Use of the toilets within the Compound by coaches, players, parents and members of the public should be discouraged and their availability should not be publicised due to the following reasons:

- Inability to implement a one way traffic flow system in and out of the Compound.
- The toilets would require regular cleaning during training sessions and matches, this is not currently possible.

If a child requires use of the toilets, the follow steps should be followed:

- Child asks coach to use the toilet
- Child must only access toilet with parent/carer
- Child and Parent/Carer must use the coaches sanitiser on hands before and after use of the toilet

The Manor Playing Fields - Cafe

The cafe in the compound must remain closed as it is not possible to maintain social distancing within the compound and cafe.

The cafe may serve drinks from a table on the field outside of the compound.

Attendance Registration - Before Training and Matches

Before every training session and match, coaches must ensure an attendance registration is completed by all attendees. Coaches must take responsibility for their age groups.

Attendance registers should only be completed for Coalpit Heath teams, visiting teams are not the responsibility of Coalpit Heath Coaches.

For ease, coaches should use the attendance registration template and populate it with their team members. At training sessions and matches Coaches should simply add a tick next to the child's name to confirm attendance.

Attendance registration records must be kept to assist with the NHS Track and Trace System, all records must be kept for 21 days. Coaches must maintain the records and may be asked for the records by the Committee in the circumstance of a NHS Track and Trace enquiry or for monitoring purposes.

Self Assessment - Before Attendance at Training and Matches

All attendees including coaches, players, parents and other members of the public must complete a self assessment prior to attending training and matches. This is to ensure they do not attend training or matches with Covid-19 symptoms.

It is not practical to request all attendees complete a self assessment form and for the coaches to manage it. All parents must agree to completing a self assessment before attending training sessions and matches, by signing the new consent form.

All attendees must check for the following symptoms:

- A high temperature (above 38.8c)
- A new continuous cough
- Shortness of breath
- A sore throat
- Loss of or change in normal sense of taste or smell
- Feeling generally unwell
- Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks

First Aid

In line with FA guidance, First Aid should not be given unless there is a limb or life threatening situation. Other injuries must be treated by a member of the injured person's household.

If a situation arises whereby a person is in a limb or life threatening situation, the directions as detailed in the FA guidance should be followed.

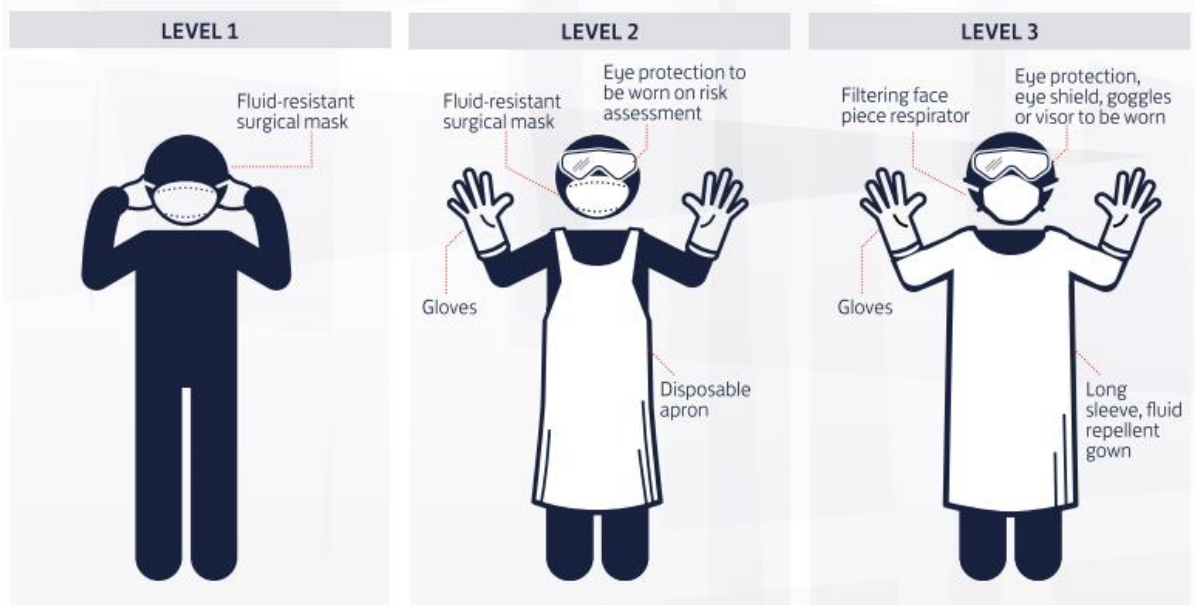
If first aid must be given at the scene the FA guidance for wearing Personal Protective Equipment (PPE) must be followed. More details can be found in the specific FA guidance, below is a summary of the PPE that must be worn. An example of level 3 would be if someone is in cardiac arrest.

TABLE 2: DEFINITION OF SITUATIONAL PERSONAL PROTECTIVE EQUIPMENT LEVEL REQUIREMENTS

What are the hazards?	Gloves	Apron	Fluid-resistant long-armed gown/coveralls	Fabric/cloth mask [^]	Fluid-resistant Surgical Face mask Type IIR	Filtering Face Piece Respirator 3 (FFP3) mask ^{^^}	Eye Protection Goggles/Full face visor in addition to personal spectacles
	SINGLE USE*	SINGLE USE*	SESSIONAL USE**	SESSIONAL USE**	SESSIONAL USE**	SESSIONAL USE REUSABLE***	SESSIONAL USE REUSABLE***
NON-MEDICAL SCENARIO Where social distancing may be compromised ⁷ including at training	X	X	X	✓	X	X	X
LEVEL 1 Where government-advised distancing may not be maintained at all times	X	X	X	X	✓	X	X
LEVEL 2 Within 2m of player, which may include face to face contact for assessment and management of all individuals including those who are positive or symptomatic	✓	✓	X	X	✓	X	✓
LEVEL 3/AGP Aerosol-generating procedure (AGP or high potential for aerosol)	✓	X	✓	X	X	✓	✓

[^] 3 layers: 1st water absorbent cotton | 2nd filter layer | 3rd is water resistant¹⁶
^{^^} Please be aware WHO¹⁶ does recommend FFP2 mask as an alternative in FFP3. However FFP3 is included in this framework as this is in line with PHE
^{*} Single use: Equipment that must be changed after each contact
^{**} Sessional use: Worn for a period of time when undertaking duties in a specific clinical care setting/exposure environment; a session ends when the responder leaves this defined remit; however, it should be disposed of if it becomes moist, damaged or visibly soiled;
^{***} Reuseable equipment appropriately decontaminated to PHE standards that can be reused¹³.

FIGURE 1: PERSONAL PROTECTIVE EQUIPMENT (PPE)



If a person is in cardiac arrest, it is advised that rescue breaths/mouth to mouth ventilation is not given, only chest compressions should be performed.

More details regarding First Aid guidance can be found in the specific [FA Covid-19 First Aid Guidance Document](#).

All coaches must ensure they have sufficient supplies of PPE with them at all times.

Social Distancing - Training and Matches

Training can take place in groups of no more than 30 people, including coaches. All groups must be suitably socially distanced, see map for allocated Saturday training areas on the Manor Playing fields.

Coaches must ensure people do not congregate before or after training, traffic flow system should be followed on arrival and departure (see map), attendance register completed and players shown

to their specific area for placing their named water bottle, sanitiser and finding their allocated football.

Social distancing, in line with Government guidelines on two metres or 'one metre plus', should be practised before and after training sessions and in any breaks. During non competitive training, coaches should endeavour to encourage social distancing and design training sessions around this principle. Coaches must not tie shoe laces.

If parents stay to watch training, they must maintain social distancing, in line with Government guidelines on two metres or 'one metre plus', and must not stand in groups exceeding 6 people.

Social Distancing - Matches

Coaches must ensure people do not congregate before or after matches, traffic flow system should be followed on arrival and departure (see map), attendance register completed and players shown to their specific area for placing their named water bottle and sanitiser.

Social distancing, in line with Government guidelines on two metres or 'one metre plus', should be practised before and after matches and in any breaks. Substitutes must socially distance when not playing. Coaches must not tie shoe laces.

If parents stay to watch matches, they must maintain social distancing, in line with Government guidelines on two metres or 'one metre plus', and must not stand in groups exceeding 6 people.

When marking pitches, coaches should ensure two technical areas are marked to ensure social distancing is maintained on the sidelines between both teams. Technical areas should be at least 2 metres apart.

During a match, players must not celebrate goals via hugging or giving of high fives.

Hygiene - Training and Matches

Good hygiene must be maintained before, during and after training sessions and matches.

General hygiene:

- On arrival, all coaches and players must sanitise their hands before and after training sessions/matches, using a dedicated cleaning station.
- Players must bring their own named sanitising solution.
- Players and coaches must not spit.
- Players and coaches must not chew chewing gum

Equipment:

- All training equipment must be sanitised before and after training sessions and matches.
- At half time of matches all goal posts and corner flags must be sanitised.
- Players must not share equipment and should not handle the ball with their hands.
- Players must arrive and leave in their own kit and must not share kit.
- Goalkeepers can handle the ball but they must wear their own gloves which should be sanitised before and after the training session.
- Training bibs should not be shared. Bibs can be given to players so they have their own allocated bibs for training, which are washed at home.
- If parents/carers assist with the setting up and down of equipment, they must sanitise their hands before and after handling equipment.

Breaks in play:

- During breaks in training activities, hands should be sanitised.
- Before a match, at half time and at the end of the match, all coaches and players must sanitise their hands.

Facilities

If training is taking place at a provider's venue, the club will follow rules and guidelines set out by the venue.

The Manor playing fields is a public field, extra care must be taken, and the following guidelines must be followed:

- Coaches must maintain social distancing within the compound and wear medical gloves.
- Toilets must remain mainly inaccessible, as per above guidelines.
- Compound must remain inaccessible to players, parents, and members of the public.
- Consideration must be given to members of the public, ensure there is suitable room available around training areas.

Communications with Parents

Prior to training commencing under these revised guidelines, parents must be sent the risk assessment and must consent to their child attending contact training sessions and matches.

- Children cannot attend if consent has not been given.
- Identify suitable interest to inform whether training sessions will be held.
- Communication should also include:
 - Discipline – children must listen to coaches and maintain social distancing. If a child fails to demonstrate suitable behaviour, the coach should call the parent to collect the child and remove them from the session.
 - Procedures for safe arrival and departure of children and compliance with traffic flow system and location of training session.
 - Approach to training, high level overview of what activities will take place in training sessions

Questions About Guidance

If you have any questions about this guidance, please direct them to the Covid-19 Officer, covid19@coalpitheathfc.org.uk.