

# DULWICH HAMLET JUNIOR FC

NOW LET US GET OUR GREAT GAME GOING AGAIN – SAFELY - FOR CLUBS, PLAYERS, COACHES, CLUB OFFICIALS, MATCH OFFICIALS, LEAGUE OFFICIALS, VOLUNTEERS, PARENTS, CARERS & SPECTATORS

## RE-STARTING OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL - SUMMARY

- Everyone should self-assess for Covid-19 symptoms before every training session or match using the forms provided by the club.

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.

- During a LOCKDOWN or PARTIAL LOCKDOWN only one parent / guardian / carer can accompany any player to training or games. They must wear face masks at all times, covering their mouth & nose, when attending training or matches.

Personal hygiene measures should be carried out by everyone and hand sanitisers brought by everyone and used at the training/match venue.

- The sharing of kit and equipment should be avoided, but where equipment is shared, another person must clean it before use. Players should bring their own hand sanitising wipes / liquid and water bottles to use and not share them with anyone.

- Goal posts and corner poles should be wiped down before matches, at half time.

- Follow Government guidance for travel, including minimising use of public transport.

- Active participants should arrive changed and ready to take part. Everyone should have their completed self assessment sheets ready to hand to the team managers before they are told they can join the squad.

- Meet-up times should be adjusted to avoid time spent congregating at a venue.

- Any 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 is right for them to do so. BEFORE ACTIVITY • 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.

- 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.

- Youth football coaches are encouraged to limit persistent close proximity of participants during match play and training.

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- Observing rigorous hygiene standards, injuries can be treated.
- Spectator groups should be limited to six people per group and spread out in line with wider Government guidance.
- Small-sided football should include more regular hygiene breaks in activity and players discouraged from touching or tackling against boards.
- 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. They should also inform the team manager or club COVID officer.

Revised: 18 March 2021 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 and the more detailed guidance document produced by The FA.

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.

This guidance is for general information only and does not constitute legal advice, nor it is 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.

While effort has been taken to ensure the accuracy of this information at the time of writing, everyone is reminded to check the Government and The FA websites to obtain the most up-to-date information regarding social distancing and any other Government measures.

