



COVID-19 Code of Conduct & Guidance

Coaches & Managers

March 2021

Hands. Face. Space.

- **To support NHS Test and Trace, please download the app before arrival (<https://covid19.nhs.uk>) and read the quick guide (<https://covid19.nhs.uk/pdf/user-qr-guide.pdf>). ATTENDEES SHOULD NOT enter the field of play until they have scanned the QR code placed at the entrances.**
- **DO NOT attend if you or anyone you have been in contact with display symptoms, or if you have been asked to isolate by NHS Test and Trace. Anyone with symptoms must leave immediately.**
- **Practise SOCIAL DISTANCING at all times. Keep at least 2 metres away from other people. DO NOT gather in groups.**

By attending training sessions, matches and related events and activities on behalf of Farncombe Youth Football Club, you acknowledge, appreciate and agree that:

1. Participation includes possible exposure to and illness from infectious diseases including but not limited to COVID-19, MRSA and influenza, and. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
2. You KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for your participation; and,
3. You willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, you observe any unusual or significant hazard during your participation, you will remove yourself from participation and bring such to the attention of the nearest official immediately; and,
4. You, for yourself and on behalf of your heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Farncombe Youth Football Club their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

Self-Screen Check

You should self-screen prior to arrival at training or matches to ensure you do not have any of the following symptoms:

- A high temperature (above 37.8° C).
- A new continuous cough.
- Shortness of breath.
- A sore throat.
- Loss of or change in normal sense of taste or smell.
- Feeling generally unwell.
- Persistent tiredness.
- Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous 2 weeks.
- If you or anyone in your household/bubble are self-isolating whilst waiting for a COVID-19 test or test results.

If you answer 'yes' to one or more of the questions, you should not attend and follow NHS and PHE guidelines.

Sign In

- **Coaches should check that each participant completed the self-screen check list above.** If they answer 'yes' to one or more of the questions, participants should be told to return home and follow NHS and PHE guidelines.
- **Only players registered with the club** by the Sunday before the session/match can play. The club will provide a list of registered players to coaches/managers on request.
- **NHS Test and Trace.** Players, coaches/managers, parents/carers, spectators, opposition et al, and match officials should not enter field of play until they have scanned the QR code placed at all entrances. See above.
- **All attendees must clean hands** using the hand sanitiser provided on arrival and departure.

PPE & Hygiene

- **Sanitisation items** will be available to all coaches (gloves, spray, paper towels, bin liners). Retain and bring these each week. Items will be replenished as necessary.
- **Masks** are not mandatory for coaches providing social distancing is observed. However, masks/visors and gloves should be used in First Aid situations, particularly involving bodily fluids. These will be provided.
- **Cough or sneeze into a tissue** and dispose of immediately in bin liner.
- **All waste** must be put into bin liners and disposed of in the waste bins.
- **Sanitise hands** after every session. Dispensers are available around Meade's Park.

Cleaning

- **All footballs and corner flags must be cleaned** after every session and match, especially kit from the coaches' store, with the sanitisation items provided.
- **Goal posts should be sprayed** before matches, after matches and at half time.
- **Disinfected footballs** should be used for throw ins. Kick ins can be used at your discretion.
- **Google Form must be completed after every activity:** <https://forms.gle/MVCbCg9yMcX6HTZm6>; by one coach if a section is training together, per team if separate training takes place, or per team if there is a match. Failure to do so may result in training being banned for that age group.
- **Cleaning stations** in the playing areas will be available, but cleaning items are available in the coaches' store.

Facilities

- **A designated parking area for coaches** will be in place.
- **Hand sanitisers** will be in place at entrances, exits and toilets.
- **Toilets will be open** 30 minutes before and 30 minutes after training/matches.
- **Tuck shop will not be open.**
- **Each age group have their own set of keys.** It is the responsibility of the coaches to ensure that all doors and gates are locked before departure. Please liaise with other age groups to coordinate.

Playing

General

- **Coaches and managers must e-sign the waiver** before attending training and matches at Meade's Park.
- **Be aware of COVID-19 symptoms**, including players and other coaches. Separate a player immediately if they complain of symptoms, ensuring that appropriate PPE is worn.
- **Travelling should be independent or in household bubbles.** If not, then masks, open windows, or facing away from other passengers should all be considered. Avoid public transport if possible.
- **A safety briefing for players** must be conducted before any activity. Remind players of social distancing and what 2m look like, keeping to their stations at drinks breaks and to inform you immediately if they feel unwell.
- **Ensure that social distancing is observed** between players at all times, including breaks.
- **Limit contact time and discourage persistent close proximity** of players during training and matches.
- **First Aid kits** must be available at pitch side.
- **If a participant gets injured**, a member of their household can assist, but others still need to socially distance unless it is a life- or limb-threatening injury. If first-aider or other medical personnel is present, they should be equipped with the appropriate PPE if they need to compromise social-distancing guidelines. Wash your hands immediately after contact with an injured player.
- **Do not handle players' kit and belongings.** Players should be encouraged to leave items with parents/carers, or in the designated area. Kit should not be shared.
- **Handling of footballs** should be limited.

Training

- **Competitive training is permitted** with groups limited to a maximum of 30 people, including coaches. Sessions might include multiple groups of 30, but only if they can be appropriately socially distanced.
- **Arrive on time and plan your session before.** Set up in a timely manner to ensure the session is safe. Ensure you have some thoughts on contingency if required.
- **Bibs are permitted**, but each person handling them must sanitise their hands immediately after and appropriate cleaning arrangements for the bibs must be made.

Matches

- **Competitive match play is permitted** with social distancing in place before and after the match and any breaks in play. This extends to substitutes and match officials.
- **NHS Test and Trace.** All attendees should not enter field of play until they have scanned the QR code placed at all entrances. Request that they download the app before arrival: <https://covid19.nhs.uk>
- **No contact.** No high fives, hugging, handshakes, goal celebrations, and team huddles.
- **Warm-ups and cool downs** must be socially distanced.
- **Substitutes should be socially distanced.** No high fives or hugs should take place during substitutions.
- **Free kicks and corners should be taken promptly** to limit prolonged close marking.
- **Avoid shouting and spitting.**

Further information from the NHS: <https://www.nhs.uk/conditions/coronavirus-covid-19>

Further information from the FA: https://www.thefa.com/news/2021/mar/24/fa-guidance-for-return-to-grassroots-football-20210324?sc_src=email_1055144&sc_lid=74754944&sc_uid=tBYEcOD415&sc_lid=369944

Further information from FYFC: <https://www.farncombeyouthfc.com/covid-19>