

BRIGHOUSE TOWN A.F.C.



PLAYER GUIDE

**IN RELATION TO
COVID-19
RISK ASSESSMENT**

	RESPONSIBILITY OF THE PLAYERS	RESPONSIBILITY OF THE CLUB
PROMOTING GOOD HYGIENE	<p>Encourage team mates to maintain good hygiene.</p> <p>Don't be afraid to speak out when breaches of good hygiene are taking place</p>	<p>Provide hand sanitisers at the entrance and exit of your pitches and advise users to bring their own hand sanitiser, marked with their own name.</p> <p>Create a more rigid cleaning regime.</p> <p>Provide additional waste facilities and more frequent rubbish collection.</p>
COMMUNICATING CLEARLY AND REGULARLY	<p>Take notice of posters regarding areas that are temporarily closed.</p> <p>Ensure that you read the Player Guide and fully understand your responsibilities.</p>	<p>Communicate with all external user groups about the steps we have taken to make our facility safe.</p> <p>Create posters and signage throughout all areas to promote your new protocols regarding:-</p> <ul style="list-style-type: none"> • Social distancing (two-metre spacing); • Hygiene (hand washing/sanitisers); • Traffic flow (entrance/exits); • Restricted areas. <p>Create a training guide to be developed which all players should sign in acknowledgment of their understanding.</p>
ARRIVAL & DEPARTURE FROM THE GROUND	<p>When attending training or coaching sessions you must not car-share with another person from a different household.</p> <p>You should arrive shortly before the session begins and leave immediately it has finished.</p> <p>You should not congregate by gates and in the car park and if communication is necessary, you must adhere to social distancing.</p>	
CHANGING ROOMS & SHOWERS	<p>Changing rooms and showers will be available with strict social distancing rules in force.</p> <p>The Home Dressing Room can only accommodate a maximum of SEVEN players who can change at the same time in order to comply with social distancing. With mitigation, ELEVEN players may be allowed in at any one time.</p> <p>The shower facilities in both HOME and AWAY changing rooms can accommodate THREE people at any one time.</p>	<p>Provide social distancing reminder notices at the entrance to the changing room block.</p> <p>Notices to be posted on the entrance door to the changing rooms showing maximum occupancy numbers.</p> <p>Social distancing posters within the changing rooms</p> <p>Team managers/coaches to speak to their own team players</p>

	<p>Players are requested to shower quickly and then move off to allow others to do likewise.</p> <p>Players should depart from the changing rooms as soon as possible in order to allow other players who may be waiting, to also shower and change.</p> <p>Windows and doors should be open to allow for increased ventilation.</p>	<p>Notices at the entrance to showers stating maximum occupancy at any one time is THREE persons.</p> <p>Antibacterial sprays are available in all the shower areas and toilets with hand sanitiser gel in the changing rooms. Signs requesting to spray after use will be posted.</p>
TOILET FACILITIES	<p>Indoor toilet facilities in the changing room block can be used during the match as per the above item.</p> <p>Persons using toilets should spray the areas of bodily contact before and after use ie. toilet seat and flush/door handle and then wash hands thoroughly. Use paper towels. Anti-bacterial sprays will be provided in the toilet cubicles.</p> <p>Avoid touching surfaces where possible.</p>	<p>Toilets will be cleaned regularly and all surfaces cleaned thoroughly. Liquid hand soap and paper towels will be provided.</p>
PERSONAL HYGIENE	<p>You should arrive changed and ready for the session ahead.</p> <p>You should REFRAIN FROM SPITTING AT ALL TIMES. Any tissues used should be placed in a bin which must be emptied after each session.</p> <p>Where equipment is handled by more than one person, those involved must wash their hands thoroughly on completion of the session.</p> <p>You should provide your own PPE for training sessions if you feel the need to use it. Such items must then be disposed of in bins provided.</p> <p>You should bring your own bottles of water which are clearly marked with your name. SHARED DRINKING BOTTLES ARE NOT PERMITTED.</p> <p>You should bring your own hand sanitising gel in a bottle clearly marked with your name along with sanitising wipes if you require them.</p> <p>You should sanitise your hands not only before and after the game but during scheduled breaks throughout a game or training session.</p> <p>All your personally owned equipment should be cleaned with anti-bacterial wipes or disinfectant after each session.</p>	<p>The club will provide bins for disposing of PPE items.</p> <p>Single use bottled water will be provided with a view to acquiring individually marked re-usable bottles in future.</p> <p>Sanitising gel will be made available though players should also consider bringing their own in a bottle , clearly marked with their own names.</p>

<p>EQUIPMENT & SHARING EQUIPMENT</p>	<p>Touching equipment should be avoided where possible.</p> <p>Footballs should be kicked and not handled where possible.</p> <p>Bibs should not be used unless absolutely necessary.</p>	<p>If bibs are used they should be washed after EVERY session.</p> <p>All equipment must be cleaned after use. This includes footballs. A named person should be identified as being responsible after each session and not just assumed that someone else will do the job.</p> <p>Antibacterial sprays and sanitising gel is provided for the players and staff in the changing rooms and toilets</p>
<p>TRAINING AND COACHING</p>	<p>YOU MUST sign into a registration book on each training/coaching session in accordance with Track & Trace regulations</p> <p>You must follow social distancing guidelines of keeping 2 metres apart with no more than SIX people from different households in one group INCLUDING the coach.</p> <p>Physical contact with another person from outside your own household is not permitted.</p>	<p>The Head Coach will ensure all player details are recorded from every training session and match in accordance with Track & Trace regulations.</p>
<p>ADMINISTERING FIRST AID</p>	<p>If you must assist an injured colleague and cannot adhere to social distancing, use any PPE that is available and ensure that you wash your hands thoroughly immediately afterwards.</p>	<p>The club will advise first aiders and physios to update themselves on the latest guidance when treating patients, whether players or members of the public, to protect themselves and others.</p> <p>The club must ensure that they have the appropriate PPE to be able to deal with any circumstance which may put them into conflict with social-distancing guidance. ie. face coverings, face shields, disposable gloves & aprons and sanitising gels.</p> <p>Physios and first aiders should keep a record of every person they have come into contact with for track and trace purposes.</p>
<p>DUG OUTS</p>	<p>Players such as substitutes should adhere to social distancing when around the dug outs and technical areas. They should be guided by the Head Coach as to what he requires of them at each specific match.</p>	<p>In order to maintain social distancing, a maximum of three persons should be allowed to sit within the home and away dug outs at BTAFC.</p> <p>Additional chairs will be provided for coaching staff and substitutes if required. The FA have allowed extensions to the technical areas in order that occupants can maintain social distancing.</p> <p>Signs will be fixed to the top of both dug outs recommending that social distancing is adhered to within.</p>

<p>DURING A MATCH</p>	<p>Pre-match handshake should not happen but players should sanitise before entering the field of play;</p> <p>Huddles should not take place. Team talks can take place in outdoor areas where possible but social-distancing should be observed;</p> <p>Warm-ups and cool-downs should always observe social distancing;</p> <p>Social-distancing must also be observed during interactions when a substitution is being made;</p> <p>Set plays - free kicks and corners should be taken promptly to limit prolonged close marking. Referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls;</p> <p>Goal celebrations should be avoided;</p> <p>Interactions with referees and match assistants should only happen with players observing social distancing.</p> <p>Shouting should be kept to a minimum as it has been proved that it creates an additional risk of transfer;</p>	
<p>SOCIAL DISTANCING DURING BREAKS (eg. HALF TIME)</p>	<p>All participants must remain socially distanced during breaks in play.</p> <p>Water bottles or other refreshment containers should in no circumstances be shared. Players are advised to bring their own drinks or refreshments, in a named container.</p> <p>After a game or training session, participants must maintain social distancing for social interaction. This includes changing rooms, showers, clubhouse facilities or any other place within the ground.</p>	 <p>The Club will ensure that there are sufficient water bottles available to players</p>
<p>MAINTAINING THE WELLBEING AND SAFETY OF STAFF AND CUSTOMERS</p>	<p>If you become symptomatic of Covid-19 during a session you must leave the session immediately.</p> <p>If you show signs of Covid-19 symptoms whilst at home you must inform a coaching staff or committee member and self-isolate, following current NHS guidelines.</p>	 <p>The club will support any player or staff member who have concerns regarding personal mental health issues as a result of Covid-19.</p>



MANAGEMENT AND SUPERVISION OF USERS	<p>Players should be aware that repeat offenders and those who totally disregard Government guidance could be requested to leave the premises.</p> <p>Ensure that you are on-board with the new measures and what is expected of you.</p>	<p>The club must give consideration to the management and supervision of facility users and their compliance with Government guidance.</p> <p>Positive encouragement and reinforcement is welcomed, but repeat offenders and those who totally disregard Government guidance should be requested to leave the premises.</p> <p>The club will endeavour to ensure that everyone is on board with the new measures. This includes making staff or volunteers fully aware of the changes to our protocols so they are clear about any additional expectations the club has of them.</p>