



# Nelson Football Club Covid-19 Guidance

## For Players at Training & Matches

To help us as a Club return to competitive football and ensure as safe an environment as possible is achieved please adhere to our recommended guidance. There are no guarantees with Covid-19 and you should make your own judgments and take responsibility for the safety of yourselves and others. There is no pressure to return if you are not comfortable or have underlying health problems your health and safety are our priorities. Please visit the [fa.com](http://fa.com) regularly to keep updated on the current relevant advice with it being ever changing.

- **Self Assess for Covid-19 Symptoms:** Do **NOT** attend if you have symptoms such as a new continuous cough, a high temperature, sore throat, shortness of breath, loss or change of taste or smell, persistent tiredness or you have been in close contact with a suspected or confirmed case of Covid 19 in the last 14 days.
- **Travel:** Ensure you travel to training/ matches separately unless from the same household or with people in your “bubble” If unavoidable follow Government guidelines on wearing masks, ventilation and sanitizing. Park leaving space between vehicles.
- **Hygiene:** Arrive with your own hand sanitiser and use before, during and after training/matches. Bring your own identifiable drink bottle and do **NOT** share. Take your rubbish home if possible or use designated bins. **NO SPITTING OR CHEWING GUM**
- **Social Distancing:** Comply with social distancing guidelines avoid close gatherings on arrival before during and after training/matches and during warm up and cool down. Avoid handshakes, goal celebrations and face to face confrontations. Dug outs and designated area at the side are subject to social distancing.
- **Changing Rooms:** Ensure you adhere to each venue’s guidelines and be responsible for yourselves and others. Avoid showering unless absolutely necessary. Use sanitiser on entry and exit and consider using face coverings whilst getting changed, spend as little time as possible inside.
- **First Aid:** Ensure a qualified Emergency First Aid person is present at training and matches and they are aware to keep themselves updated on the current guidelines on the [fa.co](http://fa.co) website in relation to Covid. Ensure they use the recommended PPE should they need to assist anybody close contact. A record should be kept of any first aid administered name and nature of incident.
- **Communication:** Ensure regular communication with players, club management/ volunteers so everyone is aware of their responsibilities as the situation is ever changing.