

COVID-19



Return to football Safely



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Self-Screening Assessment



Each participant should self-screen prior to arrival at training to ensure they do not have any of the following symptoms (confirmed by a parent for those under age 18), as these are potential indicators of Covid-19 infection.	Check negative	Check positive
A high temperature (above 37.8°C) • Some clubs may include on-site temperature checking of participants as part of their SOP, this is more relevant to clubs who employ medical staff.		
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.		

Government Guidance



Important: If anyone shows symptoms of Covid-19 or has been in contact with someone displaying symptoms within the last two weeks, then they should stay at home until an NHS practitioner advises them that that they no longer need to remain in isolation.

Grassroots – Covid-19

Updated Guidance on Permitted Grassroots Football Activity During COVID-19 - 12 June 2020



The FA has today issued further guidance to all grassroots football and informal football activity outside the professional game following The Government's relaxation of COVID-19 restrictions from 1 June 2020.

Consistent with Government advice, published on Monday 1 June, the following outdoor football activity is currently permitted:

PLAYING FOOTBALL INDIVIDUALLY

e.g. practice of individual skills or fitness activities



PLAYING FOOTBALL WITH YOUR FAMILY OR OTHER PEOPLE LIVING IN YOUR HOUSEHOLD



FOOTBALL TRAINING OR FITNESS ACTIVITIES IN GROUPS OF NO MORE THAN SIX, KEEPING TWO METRES APART AT ALL TIMES



← 2 METRES →

Sharing of equipment should be kept to a minimum and strong hand hygiene practices should be in place before and after.



Physical contact with anyone outside of your household is not permitted, therefore, playing of any games (small-sided or full) is also not permitted at this time. Avoid meeting in groups of six in busy or overcrowded areas, if it is so busy that it is not possible to maintain social distancing at all times.

FOOTBALL COACHING WITH SMALL GROUPS OF UP TO SIX PEOPLE



Football coaches can now undertake small group sessions with no more than five other people from outside your household but are reminded to follow The FA safeguarding policies when coaching/working with children. This must include risk assessing the activities, gaining consent from parents/carers. Coaches must work on a ratio of one coach to groups of no more than five children in each group (1:5) and there must be a minimum of two FA-DBS-checked adults present at any one time. – see Download 5.5 at <http://www.thefa.com/football-rules-governance/safeguarding/section-11-the-complete-downloads-directory>



TRAINING FOR TWO OR MORE GROUPS OF SIX (WITH EACH GROUP INCLUDING A COACH)

It is permissible for coaches to organise a training session that has two or more groups of five plus a coach involved, as long as the groups are kept separate, and everyone is socially distancing, and strict hygiene measures are in place.

FOOTBALL COACHES WORKING WITH PEOPLE WITH IMPAIRMENTS



Must ensure they can adequately cater for any additional needs whilst still avoiding physical contact and maintaining social distancing. Individuals should follow Government guidance relevant to their own impairment or health condition.



Please be reminded, if an individual is symptomatic, living in a household with a possible COVID-19 infection or if you are classified as extremely vulnerable on health grounds, the guidance is that you should remain at home.

The FA continues to work closely with the Department for Digital, Culture, Media & Sport (DCMS) and Sport England in order to provide good practice guidance for those responsible for delivering different aspects of grassroots football and we will share further information as soon as possible.

Travelling to and from the venue



- **Walk or cycle to the club where possible.**
- **Adults and children should only travel with a member of their household or someone within their "support bubble".**
- **Please note that separated parents, living in different households and those in 'support bubbles' announced by Government on 10 June 2020, can also car share.**
- **Only use public transport if needed and make sure you wear a face mask.**

Parent/Guardian Guidance Rules



You will need to confirm by signing this form that you are happy for your child to start training again during COVID-19. This form will only need to be completed once for the training under COVID-19 guidance.

We have followed Surrey FA Guidance for re-starting football activities in turn the information is in line with Government guidance issued on Monday 1st June.

Do not bring your child if they have a temperature.

You will need to bring your own water bottle named is a must.

Please brief your child about the importance of social distances and to follow guidance from the manager otherwise training could be cancelled.

Confirm you have not had any symptoms in your house hold of COVID-19 in the last 21 days. Refer to slide 3 Self screening Assessment.

Children must be guided not to touch equipment e.g. cones and footballs.

If your child needs to sneeze or cough, encourage them to do so into a tissue or upper sleeve and advise them to avoid touching their face.

If your child gets injured, a member of their household can aid them but others will still need to socially distance unless a life or limb-threatening injury necessitates breaking guidelines to provide emergency care. If a member of the household is not available you are happy with the Manager/Coach are ok to minister first aid.

Your child should refrain from spitting.

When the session is finished, children should be encouraged to leave the venue rather than congregate, avoiding congestion at gates or doors.

All participants should wash hands at the earliest opportunity and personal equipment should be wiped down with a disinfectant.

Please make sure as Parents you are also social distancing while watching.

Coaches Guidance Rules

Coaches should ensure that all football activity follows the latest Government guidance.

Physical contact with anyone outside your household is not permitted.

If you have had any of the following you should not be conducting the session and inform Andrew Ellis asap.

- Have had a high temperature (above 37.8oC) in the last few days.
- Has developed a new continuous cough.
- Has shortness of breath or a sore throat.
- Loss of or change in normal sense of taste or smell.
- Is feeling unwell.

Please make sure you have read and understood the following Guidance documents.

[fa-football-activity-guidance---for-adult-players](#)

[fa-football-activity-guidance---for-coaches](#)

[fa-football-activity-guidance---for-parents-and-carers](#)

Drills should be planned before arrival the below are things you can't do:

- Take anybody training that is not from your household
- No drills involving using your hands
- No heading drills
- No tackling
- No small or large sided games involving breaking the 2m distancing
- No bibs to be used unless the individual brings and takes home with them for cleaning.

The following is guidance for after your session:

- Clean all equipment after every session
- Use gloves when treating players if required

You will get Surface Sanitizer, Gloves and Masks.



Training Rules



- Clean equipment between uses:
 - Thoroughly clean the equipment e.g. balls, cones, goalposts, etc.;
 - Bibs should not be used unless they can be washed between sessions.
- Limit sharing of equipment where possible:
 - Ensure equipment is handled as little as possible by as few people as possible;
 - Each participant should bring to training their own water bottles, sun cream and medication each of which should be clearly labelled with their name.
- Have strict hand hygiene:
 - If individuals are going to share equipment, including balls, always ensure the individuals' hands are thoroughly cleansed using alcohol-based hand gel, if clean running water and soap are not available, before and after use.

Please leave the premises after training and matches as soon as possible

Match Rules



- No changing facilities are available
- Make a decision before KO with both teams and ref regarding throwing's
- Players to bring there own water bottles water points to be pointed out
- Surface sanitiser is available on touchlines for use
- Hand sanitiser is available around the ground for use
- Kit will be placed by the player in black bags after game to be washed

Please leave the premises after training and matches as soon as possible

Club Facilities Rules

Please obey all the rules to help keep everybody safe

Signage is displayed around the club, please follow the rules



Club Facilities Rules



- Changing rooms will be closed and are not to be used
- Toilet facilities remain open, handwashing and sanitizing facilities are available
- The club bar is open, however the bar area will remain closed, you can sit outside and table service will be available
- Arrive already changed for training or matches
- Chewing gum and spitting is banned from the premises
- Footballs and bibs will need to be cleaned on a regular basis
- Ensure you practice social distancing and do not gather in groups of more than six