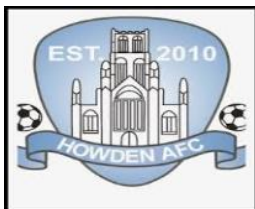
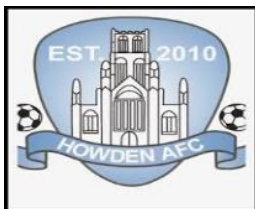


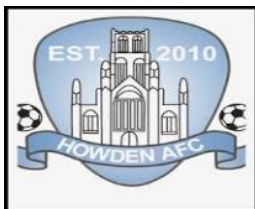
BEFORE ANY FOOTBALL ACTIVITIES		
Who?	Topic	Required actions
PARENTS/CARERS	Advance information	<ul style="list-style-type: none"> • If you choose for your child to take part, you will need to give your written consent to the club and or coach. Ensure you are comfortable with the club's Covid-19 planning arrangements before doing so. • You may already be aware that the period of isolation may have resulted in your child becoming anxious or unsure whether to resume previous activities, such as football. Please only support their return to football activity when they feel confident to do so and you feel the activity is safe and right for them. • Your child must arrive changed and ready to exercise. • Ensure your child takes their own water bottle and their own hand sanitiser, both clearly marked with their name. They must not share these with anyone else. • Please ensure your child/children know how to maintain good hygiene and hand washing; • Young children may struggle to maintain social distancing. Please continue to do your best to help your child recognise what two metres or 'one-metre plus' look and feel like – for example, related them to arm spans or standing jumps for example; • Despite the changed circumstances the organiser of the activity still has a responsibility to implement The FA's safeguarding requirements. Anyone involved in activity directly with children (anyone aged under 18), must have an in-date DBS Check, is responsible for ensuring the environment is safe and should have completed some FA safeguarding training; • Coaches must ensure the ratio of coaches to children is appropriate – see FA safeguarding guidance notes 5.5;
DURING ALL FOOTBALL ACTIVITIES		
Who?	Topic	Required actions
EVERYONE	Social distancing in competitive training	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).



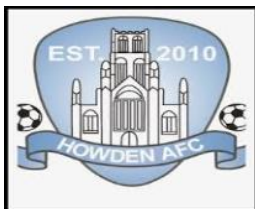
		<p>Care should be taken on busy sites with limited access points to ensure safe play.</p> <p>Facilities should consider staggering start times and allowing cleaning time between change-overs.</p> <p>Clubs should determine the appropriate ratio of coaches to participants, following the relevant FA safeguarding policy outlined in safeguarding guidance notes 5.5.</p> <p>Sessions might include multiple groups of 30 but only if they can be appropriately socially distanced from each other.</p> <p>In all settings before and after the session, and in any breaks, all participants should practise social distancing, in line with Government guidelines on two metres or 'one metre plus'. You can read these guidelines on the East Riding FA website.</p> <p>Any spectators at training sessions (including parents and carers) must be restricted to discrete six-person gathering limits and spread out, in line with wider government guidance, ensuring space for officials, coaches and substitutes.</p>
	Social distancing around matches	Competitive match play is now permitted, however, in all settings before and after matches all participants should practise social distancing.
EVERYONE	Other Covid-19 modifications – in matches (and training where applicable)	<ul style="list-style-type: none"> • Pre-match handshake should not happen. Instead players will be asked to hand-sanitise before kick-off; • Team talk huddles should not take place. Team talks can take place, as long as social distancing is observed and held outdoors where possible; • Warm-ups/cool-downs should always observe social distancing;



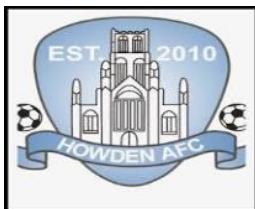
		<ul style="list-style-type: none"> • Coaches, other team staff and substitutes are allowed, but must also always observe social distancing on touchlines/dug-outs. Social-distancing must also be observed during interactions when a substitution is being made; • Set plays – free kicks: referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls; • Set plays – corners should also be taken promptly to limit prolonged close marking and goal posts should be wiped down before matches , after matches and at half time. • Goal celebrations should be avoided; • Interactions with referees and match assistants should only happen with players observing social distancing; • Small-sided football should be modified to provide more regular hygiene breaks in activity. • Youth football coaches are encouraged to limit persistent close proximity of participants during match play (where young participants may be more likely to cluster around the ball) and provide regular hygiene breaks in activity.
EVERYONE	Social distancing during breaks (e.g. halftime)	<p>All participants must remain socially distanced during breaks in play, with spaced areas for equipment and refreshment storage for each individual including officials and substitutes.</p> <p>Coaching staff and substitutes, should, for example, spread out and avoid sharing a dug out or bench if social distancing cannot be observed. Players and officials should also observe social distancing during sin-bin instances.</p> <p>Water bottles or other refreshment containers should in no circumstances be shared. Participants are advised to bring their own drinks or refreshments, in a named container.</p> <p>After activity participants must maintain government mandated social distancing for social interaction. This includes in any available changing rooms, showers, and any clubhouse facilities or other venue participants congregate in afterwards.</p> <p>Any payments relating to the fixture (match fees, referee fees or facility fees) should where possible, be made in a cashless manner.</p>



EVERYONE	Use of equipment	<p>The sharing of equipment must be avoided where possible. Where equipment is shared, equipment must be cleaned before use by another person.</p> <p>Participants should take their kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials. Where kit absolutely has to be shared or kept together (e.g. last-minute stand-in players, shortage of kit, or an essential club function), each person handling it must wash or sanitise their hands immediately after and appropriate cleaning arrangements for the kit must be made.</p>
	Ball transfer	<p>The nature of football means that the ball is not frequently handled.</p> <p>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. Where there are breaks in the game, or training, if throw-ins or handling has occurred the ball should be disinfected.</p>
	Shouting	<p>There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. This particularly applies indoors (e.g. inside clubhouses) and when face to face. If possible, players should therefore avoid shouting or raising their voices when facing each other during, before and after games. This is included within The FA's Code of Behaviour (see Appendix 1).</p>
	Spitting	<p>Everyone should refrain from spitting. If you need to sneeze or cough, you are encouraged to do so into a tissue or upper sleeve and advised to avoid touching your face. Ensure any tissues are disposed of in a sealed bin as soon as possible.</p>
CLUBS	Code of Behaviour	<p>In Appendix 1 you will find the Code of Behaviour the FA has produced to ensure a commitment for all involved to adhere to Covid-19 adaptations.</p> <p>The Covid-19 officer for each club will be responsible for communicating the code of behaviour to all players, coaches and volunteers within the club.</p> <p>Participants must be clear that they are opting in to participating as defined in The FA's guidance about risk and risk mitigation.</p>



<p>MEDICS</p>	<p>Treatment of injuries</p>	<p>The FA has produced a detailed First Aid Guidance document for First Aid which can be found on the FA website.</p> <p>Injuries during play should still be treated as participant health and safety is of utmost importance.</p> <p>In all cases, but particularly where medical treatment is needed, the best form of protection is through rigorous cleaning, personal hygiene and regular hand hygiene.</p> <p>An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, will be recommended in The FA's supporting medical guidance which can be found on the FA website.</p> <p>If a participant gets injured, a member of their household can assist if present and appropriate, but others (including match officials and teammates and coaches) will still need to socially distance unless a life- or limb-threatening injury necessitates compromising guidelines to provide emergency care.</p> <p>If there is a first-aider or other medical personnel present, they should be equipped with the appropriate PPE (including face coverings) to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance. After contact with an injured participant, the person who has administered first aid should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact or social distancing was maintained.</p> <p>The first aider should also avoid touching their mouth, eyes and nose.</p> <p>Physios or their equivalent or anyone who is administering any form of treatment, should keep a record of each participant they have come into contact with for NHS test and trace purposes. Further information for those who may need to act as a 'first responder' role in a sports setting can be found here.</p> <p>If a participant becomes Covid-19 symptomatic during the activity, they should immediately remove themselves from the session and return home as soon as possible. NHS guidance on further management of symptoms should be followed.</p>
<p>MATCH OFFICIALS</p>	<p>Social distancing</p>	<p>Match officials should observe The FA's guidance in the same way as participants are required to.</p>



SPECTATORS	Social distancing	<p>Supporters, parents, and other spectators should remain socially distanced whilst attending events.</p> <p>Spectator groups must be restricted to discrete six-person gathering limits and spread out, in line with wider Government guidance, ensuring space for officials, coaches and substitutes</p>
AFTER ALL FOOTBALL ACTIVITIES		
Who?	Topic	Required actions
PLAYERS, MATCH OFFICIALS AND COACHES	Hygiene	<p>Hands should be washed at the earliest opportunity and personal equipment should be wiped down with a disinfectant.</p> <p>Individuals should take their own kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials.</p> <p>Where kit absolutely has to be shared or kept together (e.g. last-minute stand-in players, shortage of kit, or an essential club function), each person handling it must wash or sanitise their hands immediately after and appropriate cleaning arrangements for the kit must be made.</p> <p>Coaches are encouraged to maintain a record of the regular cleaning of club or team equipment that players use, and review the risk assessments you undertake in between sessions, learning from any changes you need to apply</p>
EVERYONE	Social distancing	<p>After training sessions and/or matches, participants must maintain government mandated social distancing for social interaction.</p> <p>This includes in any available changing rooms, showers, and any clubhouse facilities or other venue that participants may congregate in afterwards. Bars and restaurants, which includes any food or drink facilities inside a clubhouse, have been able to open since 4 July, in accordance with the latest Government guidance.</p>
	Departing	Please depart following the traffic-flow system that the venue will have in place.