



Children's hygiene and safety

- Wash their hands before leaving home and when getting home.
- Make sure their laces are tight (younger children to ask their parent/carer).
- If they sneeze or cough, do so into their upper sleeve. Children should refrain from spitting.
- Bring the minimum amount of belongings to training/matches.
- Label everything they bring and place it in the area they are asked to by their coach.
- Stay within their set area throughout training/matches when not directly involved. If they need to leave this area they should ask permission from their designated coach before doing so.
- Only use and touch equipment coaches ask them to.
- If children wish to apply hand sanitiser prior, during, or after training/matches, they are welcome to do so. Children should place this with their belongings. Children will be instructed to apply hand sanitizer at regular intervals.

Parents

Prior
After

Parents

Prior

Parents

Prior

Parents

Prior

Coach

During

Coach

During

Coach

During



A safe training/match environment

<ul style="list-style-type: none"> • Equipment used for coaching will not have been used at least 72 hours prior to training/matches beginning. 	Coach	Prior
<ul style="list-style-type: none"> • Where/if this is not the case, equipment will be disinfected prior to training/matches taking place. 	Coach	Prior
<ul style="list-style-type: none"> • Apply hand sanitiser prior to putting out equipment for the session/match. 	Coach	Prior
<ul style="list-style-type: none"> • Bring a first aid kit and ensure it is clear to all coaches where this is. 	Coach	Prior
<ul style="list-style-type: none"> • Disinfect any shared equipment (goals, balls etc) at appropriate intervals during the session/match and afterwards. 	Coach	During
<ul style="list-style-type: none"> • Coaches to collect in all equipment after the session/match is finished and disinfect if necessary. 	Coach	After
<ul style="list-style-type: none"> • Competitive training/matches can take place. Whenever not engaging in competitive activity children should continue to socially distance in line with government advice 	Coach	After
<ul style="list-style-type: none"> • Children should only pick up the ball (excluding goalkeepers) to take a throw in 	Coach	During
<ul style="list-style-type: none"> • When the ball goes out of play it should be retrieved and returned without using hands 	Coach	During
<ul style="list-style-type: none"> • Pre and post-match handshakes will not take place 	Coach	During
<ul style="list-style-type: none"> • Team talks can be given prior and during a match while the coach ensures social distancing is taking place 	Coach	During



		<ul style="list-style-type: none"> • Coaches, substitutes and spectators should maintain social distancing while watching the match • Team goal celebrations should be avoided • One parent is to remain at training/matches in the event any first aid needs to be given during the session (at U14 and U16 parents to give permission for children to administer their own first aid). A first aid box will be available but parents are welcome to bring their own if they wish. Coach is to observe first aid given. 	<p>Coach</p> <p>Coach</p> <p>Parent</p> <p>Coach</p>	<p>During</p> <p>During</p> <p>During</p>
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Specific details relating to the guidance given by the FA can be found at:

<http://www.thefa.com/news/2020/jul/17/grassroots-guidance-for-competitive-football-restart-in-england-170720>