





		<p>sore throat, loss of or change in normal sense of taste or smell, feeling unwell) they should not attend and should seek a COVID-19 test, isolating as a family until a negative result is gained.</p> <ul style="list-style-type: none"> <li>• Anyone who has been contacted by Test and Trace and told to isolate should not attend any training or matches.</li> <li>• Club / Team to ensure the NHS test and trace QR code is visible and parents to be encouraged to scan. Club to keep a record (for 21 days) of those who attend training/matches.</li> <li>• Arrive at training/matches for the start time, not before.</li> <li>• When entering the field ensure you and your child/children are socially distancing (this is a time when others are likely to be arriving).</li> <li>• Children need to have their own, labelled bottle of water and hand sanitiser to use at regular intervals. Children are unable to share these.</li> <li>• At the end of training/matches children need to make sure all belongings are collected.</li> <li>• Coaches will record which children attend training/matches on different dates and ensure this record is held for at least 21 days after that training session or match has taken place.</li> </ul>	<p>Everyone</p> <p>Club</p> <p>Parents</p> <p>Parents</p> <p>Parents</p> <p>Parents</p> <p>Manager / Coach</p>	<p>Prior</p> <p>Prior</p> <p>Prior</p> <p>Prior</p> <p>Prior</p> <p>After</p> <p>During / After</p>
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**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 and  
After

Parents

Prior

Children

During

Parents

Prior

Parents

Prior

Coach

During

Coach

During

Coach

During



**A safe training/match environment**

- Equipment used for coaching/matches will not have been used at least 72 hours prior to training/matches beginning.
- Where/if this is not the case, equipment will be disinfected prior to training/matches taking place.
- Apply hand sanitiser prior to putting out equipment for the session/match.
- Training and matches to be staggered as much as possible to avoid mixing.
- Children to train with the same 'bubble'
- Ensure oppositions are keeping a record of everyone present at the match for 21 days
- Bring a first aid kit and ensure it is clear to all coaches where this is.
- Disinfect any shared equipment (goals, balls etc) at appropriate intervals during the session/match and afterwards.
- Coaches to collect in all equipment after the session/match is finished and disinfect if necessary.
- Competitive training/matches can take place. Whenever not engaging in competitive activity children should continue to socially distance in line with government advice

Coach	Prior
Coach	Prior
Coach	Prior
Club	Prior
Manager	During
Manager	Prior
Coach	Prior
Coach	During & After
Coach	After
Coach	During



		<ul style="list-style-type: none"> <li>• Children should only pick up the ball (excluding goalkeepers) to take a throw in</li> <li>• When the ball goes out of play it should be retrieved and returned without using hands. Parents to be asked to leave the ball.</li>   <li>• Pre and post-match handshakes will not take place</li> <li>• Team talks can be given prior and during a match while the coach ensures social distancing is taking place</li>   <li>• Coaches and substitutes should maintain social distancing while watching the match</li> <li>• Only one parent per child should attend training and match. There should be NO spectators. All parents should maintain social distancing at all times during training and matches. Where possible, siblings to not attend</li> <li>• Team goal celebrations should be avoided</li> <li>• 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</li> </ul>	<p>Coach</p> <p>Coach</p> <p>Coach</p> <p>Coach</p> <p>Coach</p> <p>Parent</p> <p>Coach</p> <p>Parent</p> <p>Coach</p>	<p>During</p> <p>Prior &amp; During</p> <p>Prior &amp; After</p> <p>Prior, During &amp; After</p> <p>During</p> <p>Prior &amp; During</p> <p>During</p> <p>During</p>
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		<p>first aid given. Injuries to be recorded on club incident form and sent to CWOs.</p> <ul style="list-style-type: none"> <li>• Where possible, during matches and training any loose laces should be tied by the children or parent. If others are involved, hands should be sanitised before and as soon as possible after.</li> <li>• Should a member of the team (manager, coach or player) or a member of the opposition team test positive for COVID-19, all players, coaches and managers deemed to have been in close proximity to the individual will be required to isolate.</li> <li>• Travel to and from training and matches should follow the government guidance. 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.</li> </ul>	<p>Everyone</p> <p>Everyone</p> <p>Parents</p>	<p>During</p> <p>After</p> <p>Prior</p>
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Specific details relating to the guidance given by the FA can be found at:

<https://www.thefa.com/news/2021/mar/24/fa-guidance-for-return-to-grassroots-football-20210324>