

# Bergholt Heath YFC Covid-19 Guidance



# How should we arrive at training/matches?

- Parents/carers to check children's health prior to training/matches. If a child has any of the following they are not allowed to play; high temperature, continuous cough, shortness of breath or sore throat, loss of or change in normal sense of taste or smell, feeling unwell.
- Arrive at training/matches for the start time, not before.
- When entering the ground ensure you and your child are socially distancing (this is a time when others are likely to be arriving).
- One parent is to remain at training/matches in the event any first aid needs to be given during the session/match (at older age groups parents need 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.
- Children need a labelled bottle of water and hand sanitiser which they will be asked to use at regular intervals. Children are unable to share these.
- When spectating, parents need to ensure they maintain social distancing as per government guidelines.

# What can children do to stay safe?

- Wash their hands before leaving home and when returning home.
- Make sure their laces are tight (younger children to ask their parent/carer to help).
- 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 they are not directly involved. If they need to leave this area they should ask permission from the designated coach.
- 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 sanitiser at regular intervals.

# What will coaches do to keep children safe?

- Equipment used for coaching will not have been used at least 72 hours prior to training/matches beginning and/or this will have been disinfected prior to training/matches taking place.
- Apply hand sanitiser prior to putting out equipment for the session/match.
- Bring a first aid kit and ensure it is clear to all coaches where this is.
- Disinfect any shared equipment used 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.

# What will training/matches look like?

- Competitive training/matches can now take place. Whenever not engaging in competitive activity children should continue to socially distance in line with government advice.
- Children should only pick up the ball (excluding goalkeepers) to take a throw in.
- When the ball goes out of play it should be retrieved and returned without using hands.
- Pre and post-match handshakes will not take place.
- Team talks can be given prior and during a match while the coach ensures social distancing is taking place.
- Team goal celebrations should be avoided.
- Coaches, substitutes and spectators should maintain social distancing while watching the match.

