

Bergholt Heath YFC Covid-19 Guidance



How should we arrive at training/matches?

- Parents/carers to check children's health and their own health prior to training. Managers and coaches will also do this. If a child/parent/carer/manager/coach has any of the following they are not allowed to train; 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.
- **Only one parent per child should attend training/matches, wherever possible without siblings.**
- 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 again. 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 parents should maintain social distancing while watching the match.

What if a child who has been at training or a match tests positive for Covid-19?

In the event of a child testing positive we will inform all parents of children who have been at training as soon as possible. As you will also need to register using a NHS test and trace QR code you should also receive further information from the NHS test and trace team.

In order that we can do this it is vital that you register your child as attending training each week they come along. You will also need to scan the NHS test and trace QR code to register your attendance with NHS test and trace.

If your own child receives a positive test please inform us as soon as you can.

If a child in the team tests positive following training or a match children in that team may be required to self isolate for ten days (this decision is taken by NHS test and trace).