



Lytchett Matravers Football Club

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Return to Competitive Grassroots Football

It has been brilliant to see the children back at football training over the last five weeks and we are incredibly grateful for all the support and positive feedback we have received from both players and parents during that time. The Government has now given approval for outdoor competitive grassroots football and training sessions to re-start. As a result of this The FA have issued detailed guidance on how clubs should be implementing the changes.

In adhering to the latest guidance there are several important steps the club must take in order to ensure everyone attending training and matches are kept as safe as possible. It is vitally important that all parents read this guidance so you know what will be expected of everyone.

Informed Consent

Parents/carers must now give informed written consent via our website before your child can take part in any football activity. It is important that you are fully informed about the measures the club are putting in place to ensure that all activity follows current Government Guidance. The information below will outline the activity being offered and the measures being taken to manage the risks. **We will have a strict policy regarding consent: no consent, no play.**

Latest Guidance Overview

RE-STARTING OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL – SUMMARY COVID-19 GUIDANCE



FOR CLUBS, PLAYERS, COACHES, CLUB OFFICIALS, CLUB WELFARE OFFICERS, MATCH OFFICIALS, LEAGUE OFFICIALS, VOLUNTEERS, PARENTS/CARERS SPECTATORS AND FOOTBALL FACILITY PROVIDERS – Published: 18 July 2020

This document outlines actions to be taken before, during and after all competitive grassroots football activity in England. It should be read in conjunction with the latest UK Government Covid-19 guidance available [here](#) and the more detailed guidance document produced by The FA, available [here](#).

In outdoor competitive training and matches, physical contact is now allowed, but for all other activity (e.g. warm-ups/cool-downs) the Government guidance on social distancing should be observed, read [here](#). Should Government guidance change in response to the current Covid-19 Alert Level, The FA guidance will be updated accordingly.

BEFORE ACTIVITY

- Everyone should self-assess for **Covid-19 symptoms** before every training session or match. If you are symptomatic or living in a household with possible or actual Covid-19 infection you must not participate or attend. You should stay home and follow the latest **Government guidance**.
- Clubs/facility providers should appoint a Covid-19 officer and conduct a thorough **risk assessment** before re-opening or re-starting competitive activity. They should also follow current **'NHS test and trace'** protocols, such as keeping an attendance register.
- Personal hygiene measures should be carried out by everyone and hand sanitisers brought and used at the training/match venue.
- The sharing of kit and equipment should be avoided, but where equipment is shared, it must be cleaned before use by another person.
- Goal posts and corner poles should be wiped down before matches, after matches and at half time.
- Follow Government guidance for travel, including minimising use of public transport.
- Active participants should arrive changed and ready to take part.
- Youth team coaches should re-acquaint themselves with all safeguarding policies and procedures.
- Meet-up times should be adjusted to avoid time spent congregating at venue.
- Use of clubhouses, hospitality facilities, changing rooms and toilets must adhere to **Government guidance**.

Anyone who is deemed vulnerable in respect of Covid-19 is reminded to follow the Government's guidance, only returning to football when it's right for them to do so.

DURING TRAINING & MATCH PLAY

- 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).
- Competitive match play is permitted, with social distancing in place before and after the session, and in any breaks in play.
- The sharing of kit and equipment should be avoided and participants should bring their own drinks or refreshments, in named containers.
- 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.
- Participants must not spit and should avoid shouting or raising their voices when facing each other, as detailed in The FA Covid-19 Code of Behaviour.
- Set plays: players are encouraged to avoid unnecessarily long set-up or close marking. Other modifications apply to specific situations, such as goal celebrations being discouraged. Read more in The FA's more detailed guidance [here](#).
- Youth football coaches are encouraged to limit persistent close proximity of participants during match play and training.
- Observing rigorous hygiene standards, injuries can be treated. See full guidance [here](#).
- Spectator groups should be limited to six people per group and spread out in line with wider **Government guidance**.
- Match fee payments should be cashless – consider using **The FA Matchday App**.
- Small-sided football should include more regular hygiene breaks in activity and players discouraged from touching or tackling against boards.

AFTER ACTIVITY

- Hands should be washed at the earliest opportunity and personal equipment should be wiped down with a disinfectant.
- Unless absolutely necessary, participants should take their kit home and wash it themselves, or by family members. Post-activity showers should be taken at home.
- Everyone must continue to maintain **social distancing** including in any facilities where groups of people congregate (e.g. clubhouses).
- Everyone should leave following the traffic-flow system the club or facility provider has put place.
- Anyone who becomes infected after training/matches should report this to the **NHS test and trace system**.

DISCLAIMER:

This guidance is for general information only and does not constitute legal advice, nor is it a replacement for such, nor does it replace any Government or PHE advice; nor does it provide any specific commentary or advice on health-related issues. Affected organisations should therefore ensure that they seek independent advice from medical practitioners, or healthcare providers, prior to implementing any re-opening plan, as required. Independent legal advice

should be sought, as required and depending on your, or relevant circumstances. While efforts have been taken to ensure the accuracy of this information at the time of publication, the reader is reminded to check the Government website to obtain the most up-to-date information regarding social distancing and any other Government measures.

THANK YOU! NOW LET'S GET OUR GREAT GAME GOING AGAIN – SAFELY.

- There is a downloadable copy of the above summary on our website, further information on where to access is at the end of this guidance

Covid19 Officers

Our welfare officers, Louise Fontana & Clare Parfitt will also be the clubs designated Covid19 Officers. Please feel free to contact them to discuss any issues or concerns you may have.

welfare@lytchettmatraversfc.com

Training & Matches

There will be a new one-way system for entry and exit on the rec with clear signage. Please see the detailed image below.

Entry: Bottom end by Tesco

Exit: Top end by Village Hall



Drop Off/Pick Up:

The coach will continue to meet the children on arrival

Only 1 adult to attend drop/pick up

Training Times:

TBC ready for training to resume in September but timings will continue to be staggered and training will take place on a Saturday morning.

Hand Washing:

Prior to any football activity all participants must visit the hand wash station outside of the clubhouse and sanitise their hands. The same process will happen at the end of the session, the coach will walk the children to the hand wash station before meeting you at the exit.

The clubhouse will remain closed for the time being, so please make sure your child has been to the toilet before they come.

Spectating training:

Parents/carers of all teams, except for Mini Matravets & U7/8, are strongly urged to leave after dropping off. If this is not possible please either wait in your car or beyond the bollards around the rec. The largest area to wait will be at the bottom end of the rec but please do not try and walk within any of the pitch areas. This space is strictly for coaches, players and club officials.

We also ask you to be mindful to village residents using the footpaths.

There will not be any toilet facilities or café, the club house will remain closed for the time being.

*We are asking Mini Matravets & U7/U8 parents to stay due to the age of the children and the fact they may be more likely to require assistance from their parent/carer.

Spectating matches:

We kindly ask that spectators are kept to a minimum. In line with FA guidance spectators must maintain social distancing and be spread along the side-lines in groups of no more than six. We do not want to add extra pressure to our coaches in relation to crowd management.

Non-participants must not retrieve the ball if it goes out of play.

Before Attending Football Activity

| Each participant should self-screen prior to arrival at training to ensure they do not have any of the following symptoms (confirmed by a parent for those under age 18), as these are potential indicators of Covid-19 infection. | Check negative | Check positive |
|---|--------------------------|--------------------------|
| A high temperature (above 37.8°C) <ul style="list-style-type: none">Some clubs may include on-site temperature checking of participants as part of their SOP, this is more relevant to clubs who employ medical staff. | <input type="checkbox"/> | <input type="checkbox"/> |
| A new continuous cough. | <input type="checkbox"/> | <input type="checkbox"/> |
| Shortness of breath. | <input type="checkbox"/> | <input type="checkbox"/> |
| A sore throat. | <input type="checkbox"/> | <input type="checkbox"/> |
| Loss of or change in normal sense of taste or smell. | <input type="checkbox"/> | <input type="checkbox"/> |
| Feeling generally unwell. | <input type="checkbox"/> | <input type="checkbox"/> |
| Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks. | <input type="checkbox"/> | <input type="checkbox"/> |

In line with The FA guidelines each participant must undertake the above self-screen checklist before travelling to a training session or any football activity. If they answer “yes” to any of the questions they should not attend, and you should follow all applicable Government Guidance (eg call 111).

Prior to any training or matches the team coach will be required to ask each player to confirm the self-screen checklist has been completed before attending and that all answers were negative.

If the self-screen checklist has not been completed the player will not be permitted to stay, so please make sure this is done before every attendance.

Administering First Aid

The FA Guidance states: If a participant gets injured, a member of their household can assist if present and appropriate, but others (including match officials, teammates and coaches) will still need to socially distance unless a life- or limb-threatening injury necessitates compromising guidelines to provide emergency care.

All of our coaches are first aid qualified, they are 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. The first aider should also avoid touching their mouth, eyes and nose

Player, Coach & Parent/Carer Responsibilities

These guidelines have been put in place to keep our coaches, players and parents/carers as safe as possible. Please make sure your child is aware of what will be expected from them when attending any football activity.

Do not return to training or allow your child to return to training unless you are comfortable doing so.

Players Responsibilities

Please ensure the following before, during & after play:

- Wash/sanitise your hands before and after the training session
- Do not share your food or drink with anyone
- Respect and adhere to current social distancing measures. Maintaining 2 metres from others outside your household before and after matches/training.
- Keep physical contact to a minimum during play: no high-fives, handshakes, group celebrations
- Limit the equipment you bring with you and please sanitise all equipment before and after sessions
- Let the coach know that you have completed the self-screen checklist before attending training

- Always listen to the coach's instruction
- No spitting or chewing gum permitted
- Always adhere to and follow the one-way system on the rec



Parents/Carers Responsibilities

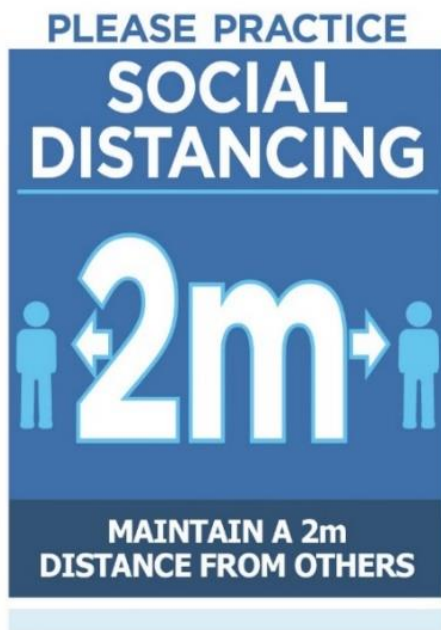
Please ensure the following before, during and after play;

- Complete the self-screen checklist with your child prior to attending any football activity
- Ensure children's clothes/boots/gloves are washed/sanitised before coming to training and again after the session
- Notify your coach and the club welfare immediately if your child becomes unwell
- Always adhere to current social distancing guidelines
- Provide your child with a drink in a clearly marked bottle
- Do not attend training sessions if anyone in your household is displaying Covid19 symptoms, including yourself
- Do not give anyone outside of your household a lift to or from training sessions, unless they are in your support bubble
- Arrive and leave at the agreed time slot promptly
- Supply your child with individual hand sanitiser
- Educate your child on social distancing rules
- Only **one** parent to accompany child to training and spectators at matches to be kept to a minimum
- Educate your child on social distancing rules and make sure they are aware of their responsibilities
- Do not retrieve the ball if it goes out of play during a match
- Always adhere to and follow the one-way system on the rec

Coaches Responsibilities

Please ensure the following before, during and after play:

- Take a register of attendance before all football activity and confirm that every participant has completed the self-screen checklist
- Encourage and demonstrate social distancing before and after matches. Limited contact in training.
- Do not attend training sessions if anyone in your household is displaying Covid19 symptoms, including yourself
- Use minimal equipment; goals, cones and corner poles are permitted but bibs are not.
- Clean all equipment between training sessions BUT for matches you must wipe down all goal posts and corner poles before and after matches and at half time too. Dettol spray can be found in the garage.
- Keep the welfare team updated of any changes
- Train in a maximum group of 30 players including the coach
- Follow Government guidance for travel



Next Steps

As mentioned at the beginning of this guidance parents/carers must give informed written consent before their child can take part in any football activity. To do this please login to your members profile on our website and go to the tab named "Covid-19". There you will find the following information;

- A copy of this guidance
- Self-screen checklist
- FA Summary Guidance

Website: www.lytchettmatraversfc.com

Deadline:

Some teams are training over the summer, so we are giving a deadline of **Wednesday 5th August** for consent to be given. This will allow the changes to training to take effect from Saturday 8th August and for friendlies to be arranged from Sunday 9th August.

And Finally:

It will be great to get back to playing matches and for teams to start training together again in larger groups. However, we would like to take this opportunity to remind you that without consent your child will not be able to attend and if the self-screen checklist is not completed before each session/match they will not be able to stay.

We understand that there is a lot of information and new protocols in place, but we all need to take responsibility and ensure that as a club we are doing everything we can to prevent the spread of coronavirus.

Please remember the onus is on parents/carers to go through this guidance with the children so that they know what will be expected from them.

Everyone attending the sessions must always adhere to social distancing, if you or any member of your household is not doing so, we respectfully ask that you do not return for the time being.

If you have any questions, please do not hesitate to contact us on the email address provided.

Disclaimer

By allowing your child/children to return to football training you are agreeing to adhere to the information within this guidance along with the player and parent/carer responsibilities. The club cannot accept liability for failure to adhere to the guidelines.