

## **CONSIDERATIONS IN ADVANCE OF RUNNING A SESSION**

**TRAVEL TO THE VENUE** You must travel to the venue on your own or with members of your own household where applicable. Please remember there must be **no car-sharing with anyone outside your household**. This also applies to all parents/carers bringing their child to your session.

**ARRIVING AND LEAVING** Ask participants to arrive shortly before the session starts and depart promptly when it finishes. Children and parents/ carers should not congregate at the venue and should maintain social distancing at all times.

**SELF-CHECKS BEFORE ATTENDING A PLANNED TRAINING SESSION** Self-checks will be important to prevent transmission among people who are unaware that they are carriers of the virus. Such checks should help identify if anyone has:

- Had a high temperature (above 37.8oC);
- Has developed a new continuous cough;
- Has shortness of breath or a sore throat;
- Loss of or change in normal sense of taste or smell;
- Is feeling unwell.

This quick check should be done before each training session and must be covered in your regular risk assessments.

If symptoms are checked at the start of a session rather than in advance, this should be completed on arrival before the player mixes with others, so that if they have symptoms there is no chance of others being affected. If none of the above apply then, if they wish to, those players can participate in the session. **If any of these symptoms do apply, the player cannot participate.** They should return to and stay at home and follow NHS advice. Please reassure the parent/carer that there will be other opportunities for their child to participate in future.

**SAFEGUARDING CHILDREN** You are also responsible for continuing to ensure the environment is safe and for implementing your club's safeguarding children policy and procedures.



Kirk Deighton Rangers JFC

## **CONSIDERATIONS WHEN RUNNING A SESSION**

After a period of low or no activity, players may be more susceptible to injury. Consider the need for a thorough warm-up, and for the physical demands of a session to be suitable to the individuals involved. A session should start at a low physical intensity with gradual progression. Helping decrease the risk of injury is very important.

- Social distancing does not permit handshakes, high-fives or group goal celebrations, so please ensure that the players understand this and comply.
- Participants should bring with them their own named water bottles and hand sanitiser. The placement of these should be dispersed to avoid groups of players coming together. **They must not share their drink with anyone else and hand sanitiser with anyone.**
- Equipment should be handled as little as possible by as few people as possible. Where equipment is handled by more than one person, they should wash their hands immediately afterwards, taking care not to touch their mouth/face in the meantime. For goalkeepers, it might be sensible for players to have their own individual ball for the session, with wiping of the ball with disinfectant wipes frequently if it is being handled by more than one person.
- Players should refrain from spitting. If a player needs to sneeze or cough, they should do so into a tissue or upper sleeve and be advised to avoid touching their face. Tissues should be disposed of immediately and hands washed.
- If a player gets injured, a member of their household can aid them but others will still need to socially distance unless a life or limb-threatening injury necessitates compromising guidelines to provide emergency care. If there is a first-aider or other medical personnel present, they should be equipped with the appropriate PPE to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance.
- If a player becomes symptomatic during the session, **they should be immediately removed from the session and taken home as soon as possible.** NHS guidance on further management of symptoms should be followed.

## **AFTER THE SESSION**

When the session is finished, players should be encouraged to leave the venue rather than congregate. You should try to manage departure to avoid any congestion at gates or doors. Utilise a one-way system if possible to focus player and parent/carers' attention on the importance of maintaining social distancing.

- All participants should wash hands at the earliest opportunity and personal equipment should be wiped down with a disinfectant.
- All shared equipment should be thoroughly washed/ disinfected and it should be clear whose responsibility it is to do this. You are encouraged to maintain a record of the regular cleaning of club or team equipment that players use.

## **DISCLAIMER:**

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