



COVID-19 CODE OF CONDUCT & GUIDANCE COACHES & MANAGERS SUMMER 2020

Do not attend if you or anyone you have been in contact with display symptoms, or if you have been asked to isolate by NHS Test and Trace. Anyone with symptoms will need to leave immediately. Practise social distancing at all times. Keep at least 2 metres away from other people to protect yourself from catching coronavirus.

PPE & HYGIENE

- Sanitisation items will be available to coaches of all age groups (gloves, spray, paper towels, bin liners). Retain and bring these each week. Items will be replenished, as necessary.
- Masks are not mandatory for coaches providing social distancing is observed. However, masks or visors should be used in First Aid situations, particularly involving bodily fluids. These will be provided by the club.
- Gloves must be worn when handling equipment and footballs for the purposes of cleaning. This is in line with government guidelines regarding close contact.
- Cough or sneeze into a tissue and dispose of immediately in bin liner.
- All waste must be put into bin liners and disposed of in the waste bins after each session.
- Wash hands after every session.

GOVERNMENT GUIDANCE ON PPE REMOVAL:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/878678/PHE_11606_Taking_off_PPE_064_revised_8_April.pdf

SIGNING IN/OUT

- Only players registered with the club on the Sunday before the session/match will be able to train. The club will provide a list of registered players to coaches/managers for the purposes of signing in and out.
- Player sign in/out. Ideally, the person nominated to undertake player sign in/out will not be a member of the coaching staff. A parent/carer can perform this task.
- Check each participant and parent for COVID-19 symptoms. Self-assessment is critical.
- Only the nominated person can check off players in the register. Do not share the pen with anyone else.
- The nominated person does not need to wear PPE, providing social distancing is observed.
- All players and parents/carers must clean hands using hand sanitiser provided on arrival and departure.
- No triallists or walk-ins can play until September. Trialists will be able to register when registration opens. It will be up to the manager to contact new players to explain availability for training based on the recommended coaching ratio. Normal explanation as to game availability etc for when the season starts.
- Toilets will only be open when the regular season starts. A one-in one-out policy will be in place. Hand sanitisers will be in place at the entrance and exit to each toilet, when open.

GENERAL

- Coaches and managers must e-sign the waiver before attending training and matches.
- Be aware of COVID-19 symptoms, including players and other coaches. Separate a player immediately if they complain of symptoms, ensuring that appropriate PPE is worn.
- Travelling should be independent or in household bubbles. If not, then masks, open windows, or facing away from other passengers should all be considered. Avoid public transport if possible.

- A safety briefing for players must be conducted before any activity. Remind players of social distancing and what 2m look like, keeping to their stations at drinks breaks and to inform you immediately if they feel unwell.
- Ensure that social distancing is observed between players at all times, including breaks.
- Limit contact time and discourage persistent close proximity of players during training and matches.
- First Aid kits must be available at pitch side. Contact training and matches increases the risk of injury and your responsibility is much greater around First Aid and the equipment needed.
- If a participant gets injured, a member of their household can assist, but others still need to socially distance unless it is a life- or limb-threatening injury. If there is a first-aider or other medical personnel present, they should be 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 player, you must wash your hands immediately.
- Do not handle players' kit and belongings. Players should be encouraged to leave items with parents/carers, or in the designated area. Kit should not be shared.
- Handling of footballs should be limited.
- Be supportive of players and parents/carers and sensitive to their needs in this unusual situation.

TRAINING

- Competitive training is permitted, with groups limited to a maximum of 30 people, including coaches.
- Sessions might include multiple groups of 30, but only if they can be appropriately socially distanced from each other.
- Arrive on time and plan your session before. Set up in a timely manner to ensure the session is safe. Ensure you have some thoughts on contingency if required.
- Training session plans to be managed by each age group.
- No bibs will be worn.

MATCHES

- Competitive match play is permitted, with social distancing in place before and after the match, and in any breaks in play.
- For NHS Test and Trace, keep a record of players and contacts from other clubs.
- No contact. No high fives, hugging, handshakes, goal celebrations, and team huddles.
- Warm-ups and cool downs must be socially distanced.
- Substitutes should be socially distanced. No high fives or hugs should take place during substitutions.
- Free kicks and corners should be taken promptly to limit prolonged close marking.
- Avoid shouting and spitting.
- Disinfected footballs should be used for throw ins. Kicks in during training can be used at your discretion.
- Take regular hygiene breaks for sanitising.
- Goal posts should be wiped down before matches, after matches and at half time.

CLEANING

- All kit, balls and goals used must be cleaned after every training session and match, especially kit from the coaches' store, with the sanitisation items provided.
- Cleaning confirmation sheet placed in the coaches' store should be signed after every session. Failure to do so may result in training being banned for that age group.
- Hand sanitisers will be available for use at the entrance and exit of the coaches' store.
- A one-way system will be in place at the coaches' store.

Further information from the NHS: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

Further information from the FA: <http://www.thefa.com/news/2020/jul/17/grassroots-guidance-for-competitivefootball-restart-in-england-170720/>