



COVID-19 CODE OF CONDUCT & GUIDANCE PLAYERS & PARENTS/CARERS 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.

PLAYERS

- **Be safe and listen carefully.** Follow instructions from your coach about staying safe and social distancing.
- **No contact.** Don't touch coaches, other players, or other parents/carers. Also no high fives, hugging, handshakes, goal celebrations, team huddles, spitting or shouting. Don't touch equipment and limit your handling of the ball.
- **Dress appropriately.** Ensure that you are fully dressed at all times during the session. Remove any jewellery.
- **Your kit.** Keep all of your kit with your parent/carer. This includes water bottles with your name on, goalkeeper gloves and jumpers. These must be your own and not be shared with anyone else.
- **Designated area.** Space for your kit will be provided if you do not have a parent/carer in attendance.
- Cover your mouth. Cough and sneeze into your sleeve, or tissue and dispose of immediately.
- **Enjoy it!** Try your best and have lots of fun.

PARENTS/CARERS

BEFORE ARRIVAL

- Your child can train or play matches only if you have completed the 'COVID-19 Symptom Check Form' within 24 hours of the session start time. (<http://www.cranleighfc.co.uk/covid-19-form/>)
- Ensure your child has gone to the toilet. Toilets will not be open.
- Ensure you and your child have washed your hands and bring your own hand sanitiser.
- Ensure you bring your child's medication (inhaler, insulin etc), as well as suitable footwear and shin pads.
- Minimise the amount of kit/belongings you bring for you and your child.
- 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.
- Ideally only one parent/carer per child can attend the training session. Avoid bringing siblings if possible.
- If required, sun cream must be applied at home.

AT THE VENUE

- Follow any instructions from Cranleigh FC coaches.
- Be prepared to assist with first aid for your child. This includes administering medication.
- Changing rooms will be closed.
- Be aware of symptoms and report any immediately.
- You must not gather in more than groups of six and should maintain social distancing.
- Do not gather afterwards.