

## Bideford Blues and Appledore JFC Overview of COVID Risk Assessment

### **For parents/guardians**

To avoid groups congregating, please drop off players no more than 5 minutes before the start of their session.

There should be no car sharing when travelling to the venue (unless in the same 'bubble').

Parents should drop players off and then either leave the premises or wait in the car. (please avoid congregating)

League games start October 18<sup>th</sup>: late September for Cup games

We are required by the FA to have completed a COVID risk assessment before commencing training. This can be found on the club website [www.bidefordblues.co.uk](http://www.bidefordblues.co.uk)

Players should arrive changed as no changing rooms will be open

FA guidance asked players to bring their own clearly named drinks bottles and hand sanitizers in a single named bag. The club will have mounted hand sanitizers so bringing their own hand sanitizers is optional. However, please remind your children about the need to respect the mounted sanitizers.

Ensure the young person has been to the toilet before leaving home and that hands are washed before leaving home and on return.

Parents to give consent for child to start training (to be sent via text or e-mail)

There will be signed entrance (double gates) and exit (central gate) to the astro, with a one way system in operation.

### **For coaches**

The players may have had a long period of inactivity so need thorough warm up and start with low intensity activities

Coaches to check before session if all feeling well (no COVID symptoms).

Weekly register to be kept along with contact details (for contact and trace)

Coaches to issue one bib per player (if being used) for the player to bring to each session. No swopping of bibs.

No more than 30 in a group

Coaches to avoid physical contact with players. If treating an injury mask and gloves should be worn.

Equipment, including footballs and cones, to be sanitized or washed after each session.

Minimise touching footballs with hands. Suggest 'kick ins' rather than throw ins.

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Coaches should set up goal posts at start of session (avoid players handling them)

Please use hand sanitizers before and after sessions.

**For players**

You will be handed a bib to bring to each session. Please initial them. Do not swop bibs.

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FA guidance asks players to bring their own clearly named drinks bottles and hand sanitizers in a single named bag. The club will have mounted hand sanitizers so bringing their own hand sanitizers is optional. Please respect the club's mounted sanitizers.

Players should arrive changed as no changing rooms will be open

Goalkeepers must not swop gloves.

Minimise touching footballs with hands. Suggest 'kick ins' rather than throw ins.

Make sure you have been to the toilet before leaving home and that you wash hands before leaving and on returning home.

There will be signed entrance (double gates) and exit (central gate) to the astro. Please keep to the left, following the one-way system.

No handshakes or high fives

Don't congregate

No group celebrations

No spitting or chewing gum. No food at sessions