

RUGBY BOROUGH FOOTBALL CLUB
Return to competitive football
Covid-19 guidelines

**For players, coaches, match officials,
volunteers, parents/carers &
spectators**



Self screen check



All players, coaches, match officials, volunteers & parents/carers should undertake the following self-screen check list **before travelling** to a training session or other football activity. If you answer 'yes' to any one of them you should not travel to Kilsby Lane and follow all applicable Government Guidance

- A high temperature (above 37.8 C)
- A new continuous cough
- Shortness of breath
- A sore throat
- Loss of or change in normal sense of taste or smell
- Feeling generally unwell
- Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks

Note - a coach or club official may ask players to undertake an on-site temperature check on arrival

Please be aware:



- Players are unable to attend a training session or other football activity without providing consent either by themselves or by a parent/carer for participants aged 17 years or younger.
- Social Distancing must be adhered to outside the gated pitch area prior to, during and after a session/activity.
- Players **MUST** attend the session/activity with their own drinks bottle and hand sanitiser. This will be placed in a designated area to use during the session/activity.
- Competitive training can take place in groups of no more than 30 (including coaches).
- Only coaches are able to setup and move equipment at ALL times. Players must **NOT** share equipment. All balls and equipment will be cleaned before and after the session/activity by the coach.
- The main club house will reopen on 1 August, in accordance with government guidance specific to Covid-19, and access to the toilets located at the rear of the building will continue to be provided.

Map of Facility:

- Drop off Area (Car Park 3) - Parents/carers should drop players off and park vehicles in Car Park 1 or Car Park 2.
- Collection – Car Parks 1 & 2 – Parents/carers should remain in their vehicles, the coach will bring the players to you.
- One way system, please observe caution whilst leaving the area.



- Drop off / Route to collection
- One way system - Collection point
- Parents View Point

- Coaches should park at the rear of car park 3.
- Players, match officials & volunteers should park in car parks 1 & 2
- One way system, please observe caution whilst leaving the area.

Access to gated pitch area



- Drop off / Car Park 3
- Car Park 1 and 2

- Route to be taken by players, coaches, volunteers and officials
- Parents should stay by their cars if possible or watch from a safe distance. No spectators will be allowed into the gated pitch area.
- Parents are **not** permitted to access the gated pitch area unless requested to by a coach if a player is injured

Drop Off / Pick Up



- During drop off and pick up, players and parents must adhere to the 2 metre rule and limit interaction.
- Players will enter/exit through the correct gates to/from the pitch area and do so on the coaches authority.
- Players must wait in the car until 5 minutes prior to start time, when the coach will allow you on to the pitch. Players **MUST** be picked up on time to avoid waiting time.
- Players must enter and exit the pitch at a safe distance and must go directly to their designated collection point. Parents should be at their specified collection location 5 minutes prior to the session finishing.
- Cones will be used to mark safe distancing around the facility.
- Coaches will be policing this at all times.
- Parents and Players should leave the facility as quickly as possible to avoid congestion or delay to the following sessions.

Roles & Responsibilities of Coaches



- To ensure all players are safe at all times.
- To Communicate the importance of our actions to all parents.
- To ensure all guidelines are applied and met.
- To liaise with the Facility to ensure safety of all is kept, at all times. Contact Liam Coulter on 07544 507342.
- To think for others and support children at all times.
- To change our way of communicating and coaching to players, everything must be verbal with no contact.
- To ensure no arrival games take place.
- To drive session intensity, fun and enthusiasm.
- To ensure all equipment is cleaned before and after each session.
- To keep an attendance register in support of NHS track and trace

Equipment provided by us.....



We will provide all PPE that is required for the session/activity including:

- Sessional hand gels at the entrance and exit that players, coaches, match officials and volunteers must use.
- All Anti-Bacteria wipes and sprays to clean all equipment before and after session/activity (including goals if moved during the session/activity)

All equipment (eg balls, cones and bibs) for the session/activity is provided by the coach.

- Bibs should only be used if absolutely necessary and they must be worn once and not swapped during any session/activity. Bibs should not be used unless they can be washed between sessions/activities.

Player Rules



- Be responsible – understand the FA and club guidelines
- Use the hand gels provided when you enter and exit the pitch.
- Take your water bottle and any equipment you have with you and keep it in your area designated to you by your coach.
- Do not use your hands to control the ball, feet only.
- Please DO NOT handle or move any equipment that is laid out.
- Spitting is not allowed at any times during the session/activity. Shouting or raised voices when facing each other should be avoided
- Do not unnecessarily prolong set plays (ie freekicks & corners) to limit prolonged close marking. Goal celebrations should be avoided.
- Interactions with referees and match assistants should only happen with players observing social distancing
- Should you require the toilet during the session, you are required to leave the pitch via the exit (accompanied by your parent/carer as appropriate) and to re-enter via the entrance
- Always adhere to safety and social distancing rules prior to and after a session/activity.

Parent Rules



- Please do not drop off your child until 5 minutes before the session.
- Parents are allowed to watch sessions but please keep a safe distance at all times.
- Parents are not allowed to enter the gated pitch area unless requested to by a coach if a player is injured.
- Please be on time for pick up to ease the flow of traffic in and out of the venue.
- When the session is finished please return to your car and wait for your Son/Daughter. Our Coaches will bring them to you.
- Please support us in making sure the players are aware of the changes, listening to coaches and adhering to safety rules at all times.
- You are responsible for your child whilst on the premises at all times and no child should be left unattended.
- Any balls that leave the gated pitch area should not be retrieved by non-participants
- Should your child require the toilet whilst at the facility, you will be required to accompany them, ensuring that any surfaces are cleaned after use. Cleaning products, Flushable Toilet seat covers and hand sanitiser must be used in the toilets to reduce the risk of contamination.

Example – Pitch Layout



- Player Position
- Coach Position

- Pitch will be split into designated areas for groups of up to 30 (including coaches) to train at a safe distance.
- Players must remain in their areas and coaching groups at all times unless instructed otherwise.
- Coaches will setup and move training areas. Players must not move or touch cones at any time.
- Coaches instructions must be obeyed at all times.

Things to Remember



- The Safety of Coaches, Players, Parents and Staff **MUST** always come first.
- Coaches are responsible to drive the standards and safety in sessions.
- Coaches are responsible for all equipment and set up.
- Look after yourselves and families, after sessions ensure all necessary precautions are taken with the cleaning process.
- If symptomatic, do not attend the site, advise your team coach and seek medical advice.
- This is not forever, football as we know it will soon return when safe to do so, however for us to return safely, we **ALL** have to accept these changes for the immediate future.
- Please be patient with us, in these unprecedented times, changes can be advised at any moment and we as a club have a duty of care to act on such instances.

Proposed Dates:



On 18 July the FA recommend a phased return to competitive football activity as follows::

- Until 31 July – When ready, you can begin competitive training, with the overall group size (inclusive of coaches) being limited to 30 people;
- From August – Competitive matches to begin, for example pre-season fixtures, festivals and small sided football competitions;
- From September – Grassroots leagues, men’s National League System, Women’s Football Pyramid tiers 3 to 6, and FA Competitions can commence.

Please note this is all subject to change should further guidance be advised.

Signed

Date 24/07/2020