

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 and spectators 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:



- All players, coaches, match officials, volunteers, parents/carers and spectators should Social Distance in accordance with government guidance whilst at Kilsby Lane.
- 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.
- 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/matches 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.

Access to gated pitch area



← Entrance to gated pitch area

→ Exit from gated pitch area

• Hand sanitizer station

The one-way system should be followed by players, coaches, match officials, volunteers, parents and spectators

Drop off and 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 gated 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.
- Coaches will be policing this at all times.
- Players, coaches, match officials, volunteers, parents & spectators should leave the facility as quickly as possible, whilst maintaining social distancing, to avoid congestion or delay to the following sessions.

Equipment provided by the club



The club 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.

Roles & responsibilities of coaches



- To ensure all players are safe at all times.
- To communicate the importance of our actions to all players and parents where applicable.
- 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

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.
- 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.

Changing rooms



- Changing rooms will nominally remain closed. Players and officials should arrive changed and shower at home.
- Exceptions may be made where safety and safeguarding measures require their use e.g. supporting disability athletes, a child needs a change of clothing etc.
- In addition, when required by specific league rules, the use of changing rooms will be permitted under the following conditions:
 - they should be used for changing and showering only and done so as quickly as possible
 - in order to maintain social distancing, a maximum of 9 people will be permitted to use each changing room. When possible two changing rooms will be provided for each team, alternatively staggered use will be required
 - use of changing rooms should be limited to players, officials and coaches
 - team meetings should **not** be held in the changing rooms

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 pitch 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.
- 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.

Spectator rules



- Spectators are allowed to watch matches but please keep a safe distance at all times
- Any balls that leave the gated pitch area should **not** be retrieved by non-participants
- The main club house will reopen on 1 August, in accordance with government guidance specific to Covid-19. The bar will be operating a takeaway service only.
- Access to the toilets located at the rear of the building will continue to be provided. Cleaning products, flushable toilet seat covers and hand sanitiser must be used in the toilets to reduce the risk of contamination.

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.

On 19 August the FA issued updated guidance which included the phased return of spectators.

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

Signed

Date 20/08/2020