



Maryfield United Return To Football Guidelines

1. BEFORE TRAINING



FEELING UNWELL?

SPEAK TO YOUR PARENT/CARER THEY KNOW THE SYMPTOMS TO LOOK FOR.



WEAR A CLEAN KIT



GO TO THE TOILET BEFORE LEAVING FOR TRAINING.



BRING YOUR OWN (SMALL) HAND SANITISER.

PUT YOUR NAME ON IT.



BRING YOUR OWN WATER BOTTLE.

PUT YOUR NAME ON IT.



CONTINUE TO WASH YOUR HANDS WITH SOAP AND WATER (20 SECONDS) BEFORE LEAVING FOR TRAINING.



ONLY TRAVEL IN A VEHICLE WITH MEMBERS OF YOUR HOUSEHOLD.

TRY TO AVOID PUBLIC TRANSPORT (IF POSSIBLE)

2. ARRIVING AT TRAINING



TIE YOUR LACES OR ASK A PARENT/CARER TO HELP.

YOUR COACH IS THE LAST OPTION.

2 METRES



TRY TO STAY 2 METRES AWAY FROM OTHERS AS MUCH AS YOU CAN.



PUT YOUR BELONGINGS IN YOUR 'SAFE AREA'.



APPLY SOME HAND SANITISER.



YOUR COACH WILL TELL YOU WHAT TO DO NEXT.

3. DURING TRAINING



5 – 17 YEAR OLDS

CONTACT TRAINING IS PERMITTED DURING THE SESSION.

STAY 2 METRES AWAY FROM YOUR COACH



ONLY TOUCH EQUIPMENT WHEN ASKED.



COVER YOUR MOUTH AND NOSE WITH A TISSUE OR YOUR SLEEVE (**NOT YOUR HANDS**) WHEN YOU COUGH OR SNEEZE.

NO SPITTING



PUT YOUR TISSUE IN THE BIN IMMEDIATELY AND USE YOUR HAND SANITISER.



FIRST AID AREA

A COACH WILL TRY TO GUIDE YOU THROUGH YOUR OWN TREATMENT. THEY MAY ASK YOUR PARENT TO HELP YOU.

LIFE THREATENING OR SERIOUS INJURIES – COACH ACTS IMMEDIATELY.

4. AFTER TRAINING



RETURN TO YOUR 'SAFE AREA' TO COLLECT YOUR BELONGINGS.



APPLY SOME HAND SANITISER.



GET A THUMBS UP FROM YOUR PARENT AND COACH BEFORE LEAVING THE 'SAFE AREA'.

2 METRES



TRY TO STAY 2 METRES AWAY FROM OTHERS AS MUCH AS YOU CAN.

1. BEFORE TRAINING



WEAR A CLEAN KIT



BRING YOUR OWN (SMALL) HAND SANITISER AND A WATER BOTTLE.



COACHING EQUIPMENT



FIRST AID KIT INCLUDING BASIC PPE.

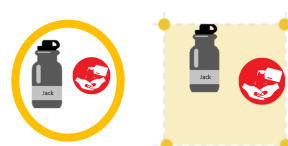


DISINFECTANT FOR USE PRIOR AND POST SESSION.



CONTINUE TO WASH YOUR HANDS WITH SOAP AND WATER (20 SECONDS) BEFORE LEAVING FOR TRAINING.

3. DURING TRAINING

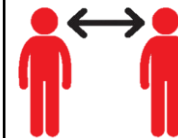


AS THE PLAYERS ARRIVE, DIRECT THEM TO THEIR 'SAFE AREA'.

LEAVE THEIR BELONGINGS HERE.

SANITISE HANDS

2 METRES



STAY 2 METRES AWAY FROM PLAYERS.



TAKE A REGISTER OF ATTENDANCE FOR TEST AND TRACE PURPOSES.



EXPLAIN CLEARLY THE TASK AND CHECK THEIR UNDERSTANDING.

LET THEM BEGIN!

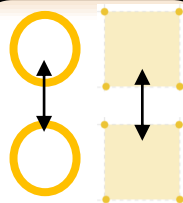
2. ARRIVAL AT TRAINING



ASSESS THE AREA FOR POTENTIAL DANGERS, TAKING INTO ACCOUNT THE PREPARED RISK ASSESSMENT.



APPLY GLOVES AND BEGIN TO DISINFECT ALL EQUIPMENT TO BE USED PRIOR TO THE SESSION.

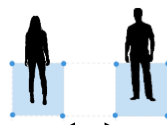


SET-UP PLAYER 'SAFE ZONES' USING HOOPS OR CONES.

ENSURE THEY ARE 2 METRES APART.



ORGANISE A CLEAR 'FIRST AID AREA'



2 METRES

ORGANISE A CLEAR 'PARENTS AREA'.



SET-UP AND ORGANISE THE SESSION.



SANITISE HANDS AND BE READY TO WELCOME THE PLAYERS WITH A 'THUMBS UP' AS THEY ARRIVE.

4. AFTER TRAINING



ASK THE PLAYERS TO RETURN TO THEIR 'SAFE AREA'.

SANITISE HANDS

COLLECT BELONGINGS



OBSERVE FOR A PARENT GIVING THEIR CHILD A 'THUMBS UP' TO DEPART.



ONCE ALL PLAYERS HAVE LEFT.

DISINFECT EQUIPMENT POST SESSION.

1. PREPARING FOR TRAINING



PLEASE READ THROUGH YOUR TEAM **RISK ASSESSMENT**.

SIGN THE TRAINING CONSENT FORM.

RETURN THE FORM TO YOUR COACH.



THE PARENT AND PLAYER GUIDANCE AS WELL AS THE PLAYER CODE OF BEHAVIOUR.

2. BEFORE TRAINING



USE THE TOILET BEFORE LEAVING FOR TRAINING.



YOUR CHILD WILL NEED TO WEAR A CLEAN KIT.



YOUR CHILD WILL NEED THEIR OWN HAND SANITISER WITH THEIR NAME CLEARLY MARKED.



YOUR CHILD WILL NEED TO BRING THEIR OWN DRINK WITH THEIR NAME CLEARLY MARKED.



YOU AND YOUR CHILD SHOULD WASH YOUR HANDS WITH SOAP AND WATER (20 SECONDS) BEFORE LEAVING FOR TRAINING.

3. ARRIVING AT TRAINING



PLEASE ASK OR HELP YOUR CHILD TO TIE THEIR LACES BEFORE ENTERING THE VENUE.

YOUR CHILD'S COACH IS THE LAST OPTION.

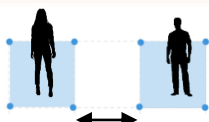


PLEASE WALK WITH YOUR CHILD TOWARDS YOUR COACH.

REMAIN A SAFE DISTANCE AWAY (5 -10 METRES).

WHEN YOUR COACH SEES YOU, YOUR CHILD WILL GET A THUMBS UP TO MOVE INTO THE 'SAFE AREA'.

4. DURING TRAINING



2 METRES

PLEASE OBSERVE THE SESSION FROM THE 'PARENT AREA'.

ONE PARENT PER HUB UNLESS FROM THE SAME HOUSEHOLD.

REMAIN IN VIEW OF YOUR CHILD AT ALL TIMES.



IF YOUR CHILD REQUIRES BASIC FIRST AID TREATMENT THEY WILL BE SENT TO THE 'FIRST AID AREA'.

A COACH MAY ATTEMPT TO GUIDE YOUR CHILD THROUGH THEIR TREATMENT, OR THEY MAY REQUIRE YOUR ASSISTANCE. THIS WILL BE INDICATED BY THE COACH.



IF YOUR CHILD HAS A SERIOUS INJURY, THE COACH WILL IMMEDIATELY SEND ALL ABLE PLAYERS TO THEIR 'SAFE AREAS'.

THE COACH WILL APPLY BASIC PPE (IF POSSIBLE) BEFORE ANY EMERGENCY TREATMENT.

PARENTAL SUPPORT WILL BE REQUIRED. DIAL 999



5. AFTER TRAINING



YOUR CHILD WILL:

RETURN TO THEIR 'SAFE AREA'.

SANITISE HANDS

COLLECT THEIR BELONGINGS.



GIVE YOUR CHILD A 'THUMBS UP' TO SHOW YOU HAVE SEEN THEM AND ARE READY TO DEPART.

THE COACH WILL SEE THIS AND INDICATE THEY CAN LEAVE.

2 METRES



TRY TO STAY 2 METRES AWAY FROM OTHERS AS MUCH AS YOU CAN.

IF YOU URGENTLY NEED YOUR COACH AND CANNOT SAFELY GET TO THEM, GIVE THEM A CALL.



MARYFIELD UNITED F.C. – PLAYER CODE OF BEHAVIOUR

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Covid-19 is a highly infectious and dangerous disease. A resumption of contact play is only achievable if those involved create and maintain a controlled environment that minimises the threat of infection.

Risk in sport cannot be completely eradicated but with caution and care these risks can be reduced. Each player will need to decide when to return to contact football, based on their own circumstances and the arrangements that have been put in place for a safe return. This is particularly the case for players from BAME communities or those with underlying health conditions.

All those returning to competitive grassroots football must adopt the following code of behaviour.

EXPECTATIONS OF PLAYER



Be aware of your own personal health.

If you show any of the Covid-19 symptoms you must stay at home, inform NHS Test and Trace and seek medical advice.



Be responsible.

Read the guidance provided by The FA and by your club so that you are aware of the changes to the game and what is expected of you.

This will include things like:

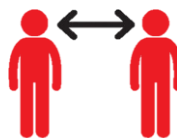
- Wearing a clean kit
- Bringing your own labelled water bottle
- Bringing your own labelled hand sanitiser



Practise good hygiene.

Wash your hands regularly and before, during and after a game.

2 METRES



Where possible maintain social distancing.

This won't always be possible in a competitive match environment (for example when tackling an opponent) and that is acceptable. However, before, and after a game you should maintain social distancing.



Support NHS Test and Trace.

You're coach is likely to take a register of attendance, so that in the event of a Covid-19 outbreak those potentially infected can be traced.

Make sure you have been registered.

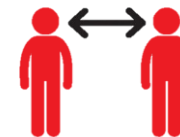


Do not spit.

Spitting and the rinsing out of mouths is now a recognised risk to health and must not be done.

Avoid shouting or raising your voice if face to face with other players.

2 METRES



After the game.

Be aware that other users may be waiting to use the facilities.

Changing rooms and showers are likely to be closed and any socialising must follow the **Government's guidance** on social distancing

PLAYER NAME: _____

DATE: _____

SIGNED: _____