



Leighton Park
Rangers F.C.



www.leightonparkrangers.com

Leighton Park Rangers Return to Competitive Football 19/07/2020 Managers Guidance.

The safety of our players, coaches and parents/guardians is paramount and teams returning to competitive football must adhere to the following:

1. BEFORE ACTIVITY

1.1. Coaches must receive completed 'Return to Competitive Football' forms from all parent/carers for children returning to competitive football:

1.2. Coaches must bring the sanitising kit, containing wipes, spray, gloves and mask, provided by the club to all sessions.

1.3. Coaches must take a register of attendees to EVERY session and keep a copy for a minimum of 21 days in case the data is required by NHS Test and Trace.

1.4. Everyone should self-assess for Covid-19 symptoms before every training session or match. If anyone is symptomatic or living in a household with possible or actual Covid-19 infection they must not participate or attend. They should stay home and follow the latest Government guidance.

1.5. Personal hygiene measures should be carried out by everyone and hand sanitisers brought and used at the training/match venue.

1.6. Toilet facilities may still be closed. Players are advised to use the toilet before coming to training.

1.7. The sharing of kit and equipment should be avoided, but where equipment is shared, it must be cleaned before use by another person.

1.8. Goal posts and corner poles should be wiped down before matches, after matches and at half time.

1.9. Follow Government guidance for travel, including minimising use of public transport.

1.10. Active participants should arrive changed into clean kit and ready to take part.

1.11. Anyone who is deemed vulnerable in respect of Covid-19 is reminded to follow the Government's guidance, only returning to football when it's right for them to do so.

2. DURING THE SESSION

2.1. Competitive training can take place for all participants, in an outdoor setting provided this takes place in groups of no more than 30 (including coaches).

2.2. Competitive match play is permitted, with social distancing in place before and after the session, and in any breaks in play.

2.3. The sharing of kit and equipment should be avoided and participants should bring their own drinks or refreshments, in named containers.

2.4. When the ball goes out of play, it should not be retrieved by non-participants and should be retrieved using the feet rather than the hands where possible.

2.5. Participants must not spit and should avoid shouting or raising their voices when facing each other, as detailed in The FA Covid-19 Code of Behaviour.

2.6. Set plays: players are encouraged to avoid unnecessarily long set-up or close marking. Other modifications apply to specific situations, such as goal celebrations being discouraged. Read more in The FA's more detailed guidance here.

2.7. Youth football coaches are encouraged to limit persistent close proximity of participants during match play and training.

2.8. Observing rigorous hygiene standards, injuries can be treated. See full guidance here.

2.9. A member of the player's social bubble must remain on-hand to administer basic first aid if required. Members of the players social bubbles are encouraged to wait in their individual cars nearby. Spectator groups should be limited to six people per group and spread out in line with wider Government guidance.

2.10. If a member of the players' social bubble is unable to attend, that player will not be able to participate.

3. FIRST AID

3.1. A first aid station should be set up by the coach so that it maintains social distancing should it need to be used.

3.2. If a player gets injured, a member of their household or support bubble can aid them, but others will still need to socially distance unless a life threatening, or serious injury necessitates compromising guidelines to provide emergency care. In all cases, NHS guidance on further management should be followed.

4. AFTER ACTIVITY

4.1. Hands should be washed at the earliest opportunity and personal equipment should be wiped down with a disinfectant.

4.2. Participants should take their kit home and wash it themselves including sanitising boots, or by family members. Post- activity showers should be taken at home.

4.3. Everyone must continue to maintain social distancing including in any facilities where groups of people congregate (e.g. clubhouses).

4.4. Everyone should leave following the traffic-flow system the club or facility provider has put place.

4.5. Anyone who becomes infected after training/matches should report this to the NHS test and trace system and to Leighton Park Rangers F.C.