

# SPORTSREACH FOOTBALL LEAGUE - RETURN TO FOOTBALL PROTOCOLS: PLAYER GUIDANCE



Produced on Monday 27<sup>th</sup> July 2020. Guidelines produced using FA guidance. Subject to change over time.

## **Return to football:**

From August – competitive training and friendly matches can take place  
From September – football league matches can resume

## **Co-vid guidelines for returning to competitive football**

**If anyone is uncomfortable with returning to train or play, then please feel under no pressure to do so. No judgement will be made against anyone choosing not to return at this time.**

In order to safely return to playing football, players need to ensure they act sensibly and carefully. This can be done by following the guidelines here, which are as follows:

1. As per Government advice, you should self-assess for COVID-19 symptoms before every training session or match. If you are symptomatic or living in a household with possible or actual COVID-19 infection you **MUST NOT** participate or attend.
2. Illness – if you feel/fall ill during training, you must go home or be taken home immediately
3. If you become ill in the days following training or a match, you must inform your manager.
4. If a player has a confirmed positive Covid-19 case, their team and the team they have played against in a competitive match, **MUST** isolate for 14 days, as per Governmental guidelines.
5. If you do show symptoms, then it is **YOUR** responsibility to get tested.
6. Players who have come into contact with a player self-isolating, you must self-isolate for 14 days or until a test result is delivered.
7. Managers are expected and have the right to ask players to leave a training session or match if a player is showing symptoms of COVID-19.
8. Competitive match play is permitted, with social distancing in place before and after the match, and in any breaks in play.
9. Players and officials should sanitise hands before and after a game as well as scheduled breaks throughout a game or training session.
10. Ball handling should be kept to a minimum with most contact via a boot and the ball disinfected in breaks of play.
11. Goal celebrations should be avoided.
12. Equipment should not be shared and, where possible coaches only should handle equipment in training.
13. Goalkeepers should ensure they disinfect their gloves regularly in breaks in training or matches and thoroughly afterwards.

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14. Where possible, players, coaches and officials should arrive changed and shower at home. Use of changing and shower facilities must follow government advice on the use of indoor facilities. Depending on the guidelines put in place by the facility provider for training and/or matches, changing rooms, toilets etc may be unavailable for your use.

15. You must bring your own water bottles.

16. You should refrain from spitting. If you need to sneeze or cough, you are encouraged to do so into a tissue or upper sleeve and advised to avoid touching your face. Ensure any tissues are disposed of in a sealed bin as soon as possible.

17. In addition, chewing gum is to be banned as it is often spat out or rolled into a ball in a hand before being thrown.

18. Participants should follow best practice for travel including minimising use of public transport and walking or cycling if possible. People from a household or support bubble can travel together in a vehicle.

19. A register will be kept for each training session and match that takes place, with each player providing contact details, to support NHS track and trace.

20. Players are expected to adhere to these protocols. Players not doing so may be asked to leave training sessions or games and may not be permitted to attend future sessions.

21. If you bring a spectator to watch a match, they are expected to keep 2 meters away from the players. If they want to come closer than 2 meters, spectators would be required to give their details to go onto the register.

22. If you are a substitute, you should social distance, keeping 2 meters from play and spectators.

For more information please see FA guidelines:

<http://www.thefa.com/news/2020/jul/17/grassroots-guidance-for-competitive-football-restart-in-england-170720>

These guidelines have been produced by James Rosendale via the FA Return to Football guidelines. This guidance has been approved by the SportsReach Executive.

Signed:

Mick Lund (Chairman)

Will Marsden

Richard Sutton

Rob Tomkins

Jim Ellershaw

James Rosendale

# **SPORTSREACH FOOTBALL LEAGUE - RETURN TO FOOTBALL PROTOCOLS: PLAYER GUIDANCE**

## **Player consent:**

Name:

Address:

Mobile number:

I agree to follow this guidance and give my consent to SportsReach to store my details for the Coronavirus register.

Signed:

Parental consent if player is under 18:

Signed:

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_