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# **SALISBURY ROVERS FC COVID-19 PLAN**

*The safety and well-being of our football family is our number one priority.*

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# Introduction

Covid-19 is a **highly infectious** and **dangerous disease**.

We must never become complacent about it.

We all bear a social responsibility to help each other through this pandemic and to support those in need.

We strongly urge all our players and families to follow Government guidance **outside** the club to protect everyone – especially the vulnerable in our wider community.

The FA has permitted a resumption of contact play. But just because something is possible does not mean that it should be done.

Salisbury Rovers FC believes that safe return is only achievable if all those involved take responsibility and actively seek to create and maintain a controlled environment that minimises the threat of infection.

Even in normal times, risk in sport cannot be completely eradicated but with caution and care these risks can be reduced. In time of pandemic, additional steps and required and greater personal responsibility is needed.

We understand that 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 (Black, Asian and Minority Ethnic) communities or those with underlying health conditions. Please discuss this with the club at any time.

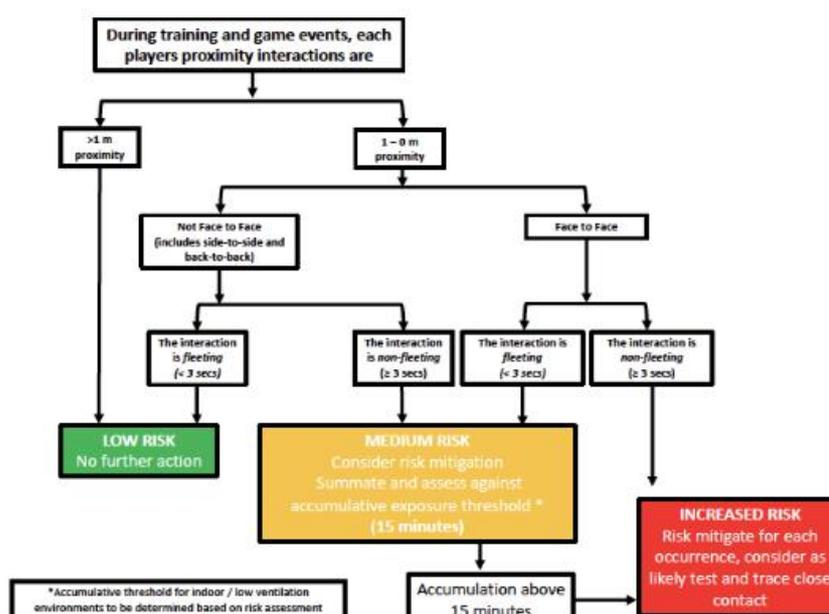
This Action Plan aims to bring our club risk assessment to practical life. It will follow the Government and FA guidance and we will aim to update accordingly. It is lengthy but our infographics can be used for a short-hand resource.

We are in uncharted territory. The situation is fluid. We ask all parents, coaches, and other adults to share the responsibility of supporting a safe return to play by following the guidance and rules set out in this document.

# Covid-19 officer and Covid-19 Plan

The [FA Guidance \(18 July 2020\)](#) permitted a phased return to football. Competitive training and matches can take place for all participants, in an outdoor setting provided this takes place in groups of no more than 30 (including coaches). This exception covers FA affiliated football only.

The [Government guidance on the return of team sports \(17 July 2020\)](#) explains some of the risks and nature of transmission. Its risk assessment chart puts football in an 'increased risk' category.



A team sports exposure framework to inform risk mitigation strategies and support test and trace

To manage and reduce those risks as far as we realistically can, Salisbury Rovers FC has appointed a Covid-19 officer and developed this Covid-19 Plan.

## 1. Covid-19 officer

Debbie Sayers is the Covid-19 officer who will be responsible for developing a Covid-19 plan and risk assessment prior to the restart of any activity.

Debbie will continually monitor how compliance is being observed within the club.

Debbie will produce a risk assessment for each activity. The Covid-19 officer will also attempt to establish a Covid-19 group to be responsible for producing and implementing the Covid-19 risk assessment and to oversee the safe return to play.

Debbie is responsible for communicating all relevant guidance to players, coaches and volunteers.

**Training is mandatory.** Any coach, player or parent who does not attend briefing session may be unable to access club activities. This is because we all have a **personal responsibility** to ensure the health of our members of our club.

## 2. Covid-19 Plan

Our insurance policies have been checked to confirm cover. A risk assessment has been produced.

This Covid-19 Plan aims to pull together all guidance and forms to ensure that the relevant information is brought to everyone's attention.

The Plan should be read alongside other Salisbury Rovers FC Policy documents such as:

- Safeguarding policy
- Health and safety policy
- Equality and inclusion policy
- Privacy Notice
- Data Protection Policy

These documents can all be found on our 'Safeguarding, Codes and Policies' [page](#). The Plan should be used as a practical handbook and a guide to training of staff and coaches. We have also produced infographics for easier access to the core points (**Appendix 7**).

Debbie can be contacted at any time if anything is unclear.

[salisburyroversfc@outlook.com](mailto:salisburyroversfc@outlook.com)

07543654971

# BEFORE TRAINING OR MATCHES

## 1. Arrival at venue

A map is attached at **Appendix 1** setting out the arrival system at Five Rivers and the positioning of ‘player safe zones’ and ‘designated area for parents/carers’.

To ensure your safe arrival at venues, Salisbury Rovers FC requires that:

- You consider the infographics before each session (**Appendix 7**).
- In line with current Government guidance, all participants (players, coaches, club and match officials, volunteers, spectators etc.) **must** be check for symptoms of Covid-19. If an individual is symptomatic and/or living in a household with a possible Covid-19 infection they should remain at home and follow Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known Covid-19 case, **must not** exercise outside their home or garden and must not exercise with others.
- Clear signage will be in place (e.g. for one-way systems) to manage entry, parking arrangements, traffic flow and general movement around the venue which ensure social distancing can be maintained.
- Care should be taken to ensure safe play. We will consider staggering start times and allowing cleaning time between changeovers.
- Players will enter in single file (socially distanced) and will be directed to their ‘safe zones’ by coaches. This is marked by a cone or hoop and allows players to have space to place their water bottle, hand sanitiser or any other equipment without the need to compromise social distancing.
- For younger children, players should stay with their parents who must stay within the socially distanced groups of 6 until their coach calls them.

## 2. Safety Briefing

All players, coaches and parents **must** participate in a safety briefing to explain these arrangements. This is a condition of participation at the club.

Our infographics will be shared (**Appendix 7**) and should be read before every session.

In competitive football activities, the Covid-19 Officer will undertake a safety briefing before the commencement of any fixture. This briefing will remind both sets of players and officials about their responsibilities in complying with the Code of Behaviour set out in **Appendix 2** to this guidance.

### **3. Toilets**

Access to toilets is via Five Rivers Leisure Centre. The Centre's rules about access and Covid-19 precautions must be followed.

### **4. Mandatory COVID-19 self-assessment**

There must be a mandatory self-assessment for Covid-19 symptoms before every session. This applies to everyone (players, coaches, match officials, league officials, volunteers, parents/ carers, spectators, clubs and football facility providers). Our health check form will be on Google forms and can be found at **Appendix 3**.

No-one should leave home to participate in football if they, or someone they live with, has any of the following:

- A high temperature (above 37.8°C)
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste.

The self-assessment check should be done **before** each training session or match and must be recorded in regular risk assessments. It is important to note that no training session should take place without this having been done. There is a google form for this.

**Please note - no player can play without this health-check being filed in advance on the day of the training or the match. This is non-negotiable.**

Should an individual have demonstrated any such symptoms, **they must not participate**. Instead they should follow NHS and PHE guidance on self-isolation.

Anyone who has already been instructed to self-isolate by a health care practitioner or PHE should continue to follow this advice and may not participate.

Salisbury Rovers FC have made all relevant participants aware of any increased risk associated with taking part in activity, based on the risk assessment undertaken by the club.

Everyone should comply with public health restrictions and avoid high-risk behaviour outside the football setting to reduce the risk to fellow participants and other attendees.

## 5. Travel to training and matches

All participants and other attendees should follow best practice for travel, including minimising use of public transport. Participants should walk or cycle if possible. People from a household or support bubble can travel together in a vehicle.

If participants do have to travel with people outside their household or support bubble they do so at their own risk and only with parental consent. The club takes no responsibility for this.

FA guidance is that the following rules should be followed:

- Share the transport with the same people each time
- Keep to small groups of people at any one time
- Open windows for ventilation
- Face away from each other
- Clean the car between journeys using standard cleaning products – including door handles and other areas that people may touch
- Ask the driver and all passengers to wear a face covering
- Consider seating arrangements to maximise distance between people in the vehicle – this may mean using more than one coach or minibus if possible, and the wearing of face coverings on coaches or minibuses
- Require regular hand sanitisation by passengers on a coach or minibus
- Limit the time spent at garages, petrol stations and motorway services
- Keep distance from other people and if possible, pay by contactless
- Wash hands for at least 20 seconds or sanitise hands often, and always when exiting or re-entering the vehicle
- When finishing the journey participants should wash their hands for at least 20 seconds or sanitise their hands as soon as possible.

## **6. Safeguarding**

Everyone is responsible for safeguarding.

Salisbury Rovers FC aim to set the highest standards and working in pandemic conditions raises new challenges and requires genuine engagement, cooperation, and constant vigilance.

In addition to risk managing football activity because of Covid-19, Salisbury Rovers FC still has a responsibility to implement all the basic FA safeguarding requirements.

Anyone involved in activity directly with children (anyone aged under 18), must have an in-date DBS Check, is responsible for ensuring the environment is safe and should have completed some FA safeguarding training. Coaches must ensure the ratio of coaches to children is appropriate – see [FA safeguarding guidance](#). The FA guide for Safeguarding Children sets out coaches specific responsibilities in this area.

If you are unsure about anything, or have a safeguarding worry or concern, please contact the Club Welfare Officer, Debbie Sayers – [afcsalisbury@yahoo.com](mailto:afcsalisbury@yahoo.com) or 07543654971.

## **7. Players with a disability**

We request advance information of any disability or medical needs, especially those which make our players or anyone in their family, more vulnerable to adverse effects from Covid-19.

Please ensure that you have discussed this specifically with the Club Welfare Officer, Debbie Sayers. Then you can agree how/if these needs can be met within current Government Covid-19 and FA guidance.

## **8. Members from a BAME background**

There is clear evidence that Covid-19 has adversely impacted people of a Black, Asian and minority ethnic (BAME) heritage. The reasons for this are not fully understood presently and we acknowledge that there may be increased concerns and levels of anxiety from some of our families and volunteers.

We offer additional conversations with any member, volunteer, or coach to provide extra reassurance that we recognise the risks and to discuss the actions we are taking. We are always prepared to put in place extra support measures to assist and reassure.

## 9. Duties of parents/carers before each activity

You may already be aware that the period of isolation may have resulted in your child becoming anxious or unsure whether to resume previous activities, such as football. Please only support their return to football activity when they feel confident to do so and you feel the activity is safe and right for them.

To assist in safe practice, the FA has advised that parents should take on the following responsibilities:

- You must complete a registration form for the club.
- If you choose for your child to take part, you will need to give your written consent to Salisbury Rovers FC (**Appendix 4**). Consider the documents sent to you and ensure you are comfortable with the club's Covid-19 planning arrangements before doing so. Refresh your memory about requirements by using the infographics (**Appendix 7**).
- You must submit a self-assessment health check form (**Appendix 3**) for yourself and your child if you are intending to stay at the session. Your child **cannot** play without a form being submitted.
- Your child must arrive at the time requested and not before.
- Your child must arrive changed and ready to exercise.
- Your child must have their own, **water bottle** and their own **hand sanitiser**, both clearly **marked with their name**. They must not share these with anyone else.
- As usually **shin pads** must be worn. Your child cannot play without them.
- Your child must know how to maintain good hygiene and hand washing. They must use hand sanitiser as instructed. See **Appendix 6**.
- Young children may struggle to maintain social distancing. Please continue to do your best to help your child recognise what two metres or "one-metre plus" look and feel like – for example, related them to arm spans or standing jumps for example.
- Your child must have signed the players' Covid-19 Code of Behaviour (**Appendix 2**). You should advise your child that contact football is still prohibited outside FA affiliated clubs.
- The parents of primary school age children must remain at the pitch at all times. All other parents must remain contactable at all times and must note the restrictions on first aid. This means that coaches are required to remain socially distanced unless a life- or limb-threatening injury necessitates compromising guidelines to provide emergency care.

## 10.NHS Test and Trace

Salisbury Rovers FC support NHS test and trace efforts by collecting names and contact information on participants at both training and matches.

Our [Privacy Notice](#) confirms that this information will be stored (with consent) for a minimum of 21 days in-line with the Government Recreational Team Sport Framework and collected/processed in accordance with the Data Protection Act 2018 and in line with GDPR principles. It will be used only for the purpose of NHS test and trace.

Salisbury Rovers FC and facility providers will follow current UK Government NHS test and trace guidance. The link to current guidance is [here](#).

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## During the match or session

### 1. Introduction

A phased return to play has been allowed but it should be remembered that, in all settings before and after the session, and in any breaks, all participants should practise social distancing, in line with Government guidelines on two metres or 'one metre plus'.

Specifically, protocols must be followed by all. This includes:

- Health checks.
- Compliance with the code of behaviour.

All participants (coaches, players, parents, spectators) must be clear that they are opting in to participating as defined in The FA's guidance about risk and risk mitigation.

### 2. Conditions of play

No child will be able to play at the club unless:

- (i) They have registered with the club and are paying subs. Any medical needs should be shared and a risk assessment form will have to be completed for any clinically vulnerable child.
- (ii) Their parents have signed a consent form.
- (iii) Their parents have signed a health check form for their child and for the parent if attending the session. This must be done before every session/match.
- (iv) They have signed the player code.
- (v) They have labelled water bottle.
- (vi) They have a labelled hand sanitiser, know how to use it and can use it when instructed. See **Appendix 6**.
- (vii) They have shin pads.

### 3. The coach's role

Children will work in small groups with a named coach. All coaches must:

- Sign a consent form to return to football.
- Make any relevant medical concerns known to the Club.
- Agree their specific role with the Club Secretary.
- Undertake a health check before each session.
- Bring their own hand sanitiser and use it regularly. See **Appendix 6**.
- Keep their belongings in their own safe zone marked on **Appendix 1**.
- Accept responsibility for dealing with the children in their group in accordance with the Plan. This means understanding what the Plan requires and taking responsibility

for ensuring social distancing and that the risk assessment and Covid-19 plan is followed.

- Read the Covid-19 Plan and attend Covid-19 Plan training.
- Refresh their understanding of requirements by using our infographics before each session (**Appendix 7**).
- Read the first guidance from the FA which can be found by following the list of links [here](#). Specific attention is drawn to the first aid section at 5 below and **Appendix 5**.

Any coach or volunteer who is uncomfortable with this and does not want to return to the field, for any reason, should confirm this immediately with the Welfare Officer. There is no pressure to return at any time.

#### 4. Covid-19 match and training protocol

During play, the following rules must be followed:

- **Pre-match handshake** should not happen. Instead players will be asked to hand-sanitise before kick-off.
- **Team talk huddles** should not take place. Team talks can take place, as long as social distancing is observed and held outdoors where possible.
- **Warm-ups/cool-downs** should always observe social distancing.
- **Coaches, other team staff and substitutes** are allowed, but must also always observe social distancing on touchlines/dug outs. Social distancing must also be observed during interactions when a substitution is being made.
- **Set plays – free kicks:** referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls.
- **Set plays – corners** should also be taken promptly to limit prolonged close marking and goal posts should be wiped down before matches, after matches and at half time.
- **Goal celebrations** should be avoided.
- **Interactions with referees and match assistants** should only happen with players observing social distancing.
- **Youth football** coaches are encouraged to limit persistent close proximity of participants during match play (where young participants may be more likely to cluster around the ball) and provide regular hygiene breaks in activity.
- **Chewing gum:** chewing gum is not permitted. Anyone with chewing gum will be asked to leave the pitch.

- **Spitting:** spitting is not permitted. 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.
- **Use of equipment:** the sharing of equipment must be avoided where possible. Where equipment is shared, equipment must be cleaned before use by another person.
- **Ball transfer:** The nature of football means that the ball is not frequently handled. 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. Where there are breaks in the game, or training, if throw-ins or handling has occurred the ball should be disinfected. Further guidance on disinfecting can be found [here](#).
- **Shouting:** There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. This particularly applies indoors (e.g. inside clubhouses) and when face to face. If possible, players should therefore avoid shouting or raising their voices when facing each other during, before and after games. This is included within The FA's Code of Behaviour (see **Appendix 2**).
- **Social distancing during breaks (e.g. halftime):** All participants must remain socially distanced during breaks in play, with spaced areas for equipment and refreshment storage for each individual including officials and substitutes. Coaching staff and substitutes, should, for example, spread out and avoid sharing a dug out or bench if social distancing cannot be observed. Players and officials should also observe social distancing during sin-bin instances.

## 5. First aid

**Important changes:** If a participant gets injured, a member of their household can assist if present and appropriate, but others (including match officials and teammates and coaches) will still need to socially distance unless a life- or limb-threatening injury necessitates compromising guidelines to provide emergency care.

**Treatment of injuries** The FA has produced a detailed First Aid Guidance document for First Aid which can be found by following the list of links [here](#). This will be in the **First Aid Area** which is marked on **Appendix 1**. Some of the advice from the FA's Covid-19 first aid guidance can be found in **Appendix 5**. This must be read by all coaches and volunteers on the field.

**Hygiene:** Injuries during play should still be treated as participant health and safety is of utmost importance. In all cases but particularly where medical treatment is needed, the best form of protection is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, will be recommended in The FA's supporting medical guidance which can be found following the list of links [here](#).

**PPE:** The club will keep basic PPE available (apron, gloves, goggles and a mask) to protect first aiders and others if they need to compromise social-distancing guidelines to provide medical assistance. Appropriate PPE is found in the club first aid bag. Any used PPE will be kept in a bag for 72 hours before being allowed to place it in a bin.

**After contact:** following contact with injured participant, the person who has administered first aid should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact or social distancing was maintained. The first aider should also avoid touching their mouth, eyes and nose.

**Track and trace:** The club will keep a record of each participant they have come into contact with for NHS test and trace purposes.

**COVID-19 symptoms:** If a participant (player, volunteer, coach etc) becomes Covid-19 symptomatic during the activity, they should immediately remove themselves from the session and return home as soon as possible. NHS guidance on further management of symptoms should be followed. If person will be placed in a designated area away from the field until parents/carers/relatives arrive (see **Appendix 1**).

**Emergency Action Plan:** The emergency action plan at **Appendix 8** provides contact details and directions to the hospital.

## 6. Spectators

Supporters, parents, and other spectators should remain socially distanced whilst attending events. Spectator groups must be restricted to discrete six-person gathering limits and spread out, in line with wider Government guidance, ensuring space for officials, coaches and substitutes.

Any spectators at training sessions (including parents and carers) must be restricted to discrete six-person gathering limits and spread out, in line with wider government guidance, ensuring space for officials, coaches and substitutes.

Please follow the guidance and stay within the 6 person zones unless called to your child by a coach.

## **AFTER THE MATCH OR SESSION**

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

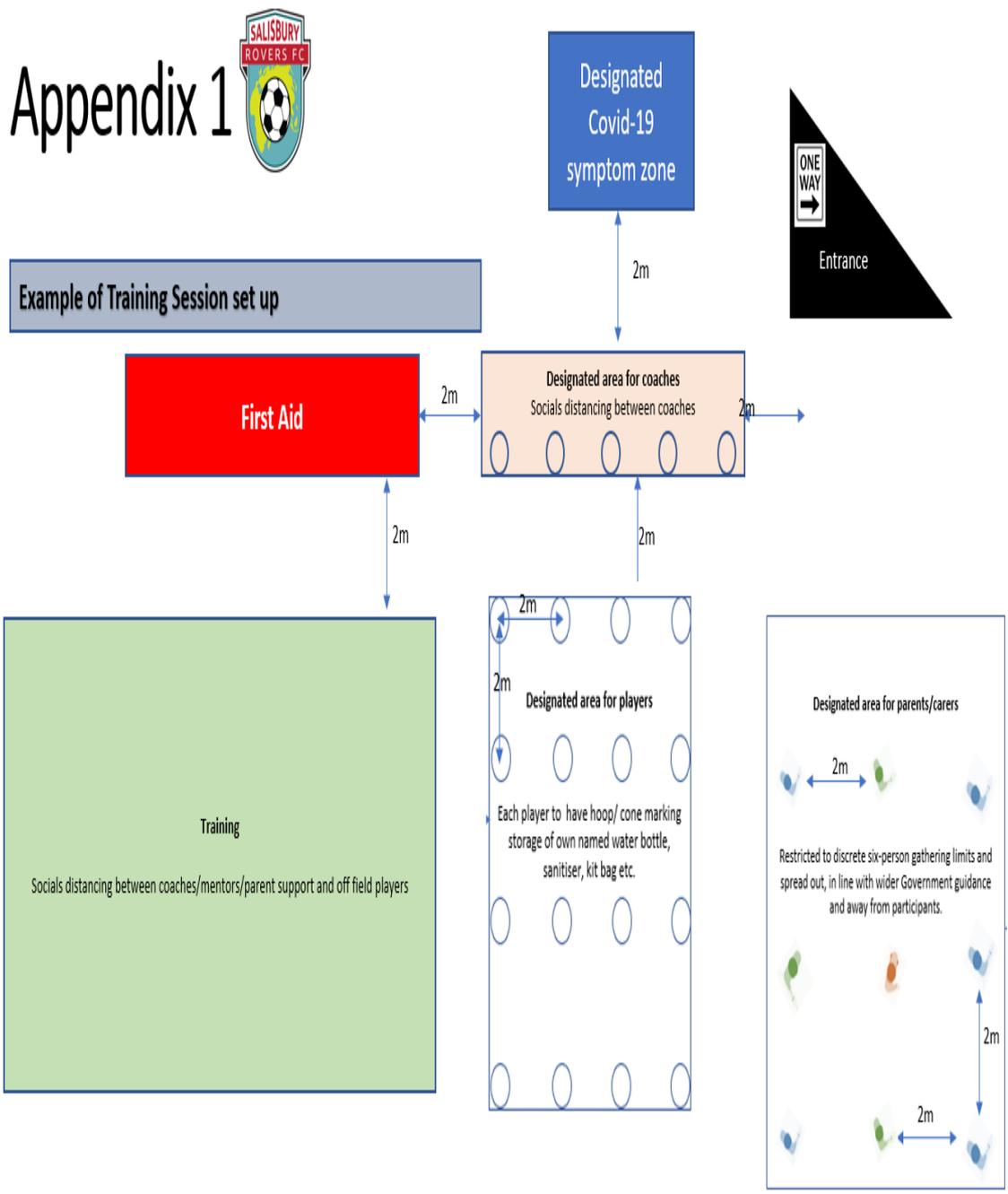
**Cleaning equipment:** Coaches must maintain a record of the regular cleaning of club or team equipment that players use, and review the risk assessments undertaken in between sessions, learning from any changes you need to apply.

**Social distancing;** After training sessions and/or matches, participants must maintain government mandated social distancing for social interaction. This includes in any available changing rooms, showers, and any clubhouse facilities or other venue that participants may congregate in afterwards.

**Departing the site:** Please depart following the traffic-flow system that the venue will have in place

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# Appendix 1: Map of site



## Appendix 2: Code of Behaviour

# CODE OF BEHAVIOUR COVID-19



### CODE OF BEHAVIOUR

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 (Black, Asian and Minority Ethnic) communities or those with underlying health conditions.

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

- **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. **A self-check form must be provided by a parent before every training session or match.**
- **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:
  - (i) wearing clean kit.
  - (ii) bringing your own labelled water bottle.
  - (iii) bringing your own hand sanitiser.
  - (iv) ensuring you wear shin pads.
  - (v) being aware of changes to meet-up times.
- **Practise good hygiene.** Wash your hands regularly and before, during and after a game. Use hand sanitiser regular at the pitch and when directed by your coach.
- **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 **must** maintain social distancing.

- **Support NHS Test and Trace.** You will be asked to provide your details so that in the event of a Covid-19 outbreak those potentially infected can be traced. This is to everyone's benefit so please co-operate.
- **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. **You will be asked to leave the field of play if you spit.**
- **After the game.** Follow club guidance for leaving the pitch. Any socialising must follow the **Government's guidance** on social distancing and the law on gatherings.

Signed .....

Date .....

THIS CODE IS BASED ON THE FA CODE OF BEHAVIOUR IN APPENDIX 1 OF THE FA COVID-19 GUIDANCE 18.7.2020

## Appendix 3: Health Check Form

# SALISBURY ROVERS FC HEALTH CHECKS, INJURIES AND ILLNESS



### HEALTH CHECKS, INJURIES AND ILLNESS

If a player gets injured, a member of their household or support bubble, can aid them, but all others will still need to socially distance unless a life threatening, or serious injury necessitates compromising guidelines to provide emergency care.

A first aider will be equipped with the appropriate Personal Protective Equipment (PPE) before treating anyone to protect themselves and others should they need to compromise social distancing guidelines to provide medical assistance during training or matches.

### BEFORE EVERY SESSION

Each participant **must** undertake the following self-screen check list before travelling to a training session or other football activity. If the answer is 'yes' to any one of them they **must not travel** to the training session and follow all applicable Government Guidance (e.g. call NHS 111). It is important to remember some people can pass on the virus before they develop symptoms, or never have symptoms despite being infectious. Despite everyone's best efforts, these cannot be screened out of training.

These forms **must** be signed by parents and sent back to the club before every training session or match. **No form, no game.**

Each participant should self-screen prior to arrival at training to ensure they do not have any of the following symptoms (confirmed by a parent for those under age 18), as these are potential indicators of Covid-19 infection.	Check negative	Check positive
A high temperature (above 37.8°C)	<input type="checkbox"/>	<input type="checkbox"/>
A new continuous cough.	<input type="checkbox"/>	<input type="checkbox"/>
Shortness of breath.	<input type="checkbox"/>	<input type="checkbox"/>
A sore throat.	<input type="checkbox"/>	<input type="checkbox"/>
Loss of or change in normal sense of taste or smell.	<input type="checkbox"/>	<input type="checkbox"/>
Feeling generally unwell.	<input type="checkbox"/>	<input type="checkbox"/>
Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks.	<input type="checkbox"/>	<input type="checkbox"/>

SIGNED.....

DATE.....

## Appendix 4: Parental written consent

# SALISBURY ROVERS FC PARENTAL CONSENT



### CONSENT TO TRAINING ACTIVITY

Covid-19 is a highly infectious and dangerous disease. The FA has said that a resumption of contact play is only achievable if all 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 (Black, Asian and Minority Ethnic) communities or those with underlying health conditions. Please discuss this with the club if you wish.

Salisbury Rovers FC requires parental consent before your child takes part in any football activities. To ensure parents are fully informed, Salisbury Rovers FC has provided:

- links to relevant Government guidance and FA guidance.
- a copy of the club's risk assessment.
- a copy of the club infographics and the player code.
- a copy of the self-health check form.
- links to relevant club policies.

All those returning to competitive grassroots football must work together to keep players safe.

Please read all the guidance above and then complete the following checklist.

Please complete the following check list.	Check negative	Check positive
<b>Consent to play</b> I have been provided with the Government & FA guidance and the Club risk assessment. I have read these documents and understand the activities being offered to my child. I agree with the measures the club has put in place to manage any risks, including its Covid-19 measures. I consent for my child to play and confirm I will remain contactable if not present at the pitch.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Health check form</b> I understand that I must complete a health check form every time my child wants to play.	<input type="checkbox"/>	<input type="checkbox"/>
<b>First aid</b> I have read & agree to the Covid-19 first aid policy, e.g. first aiders will socially distance unless there is a life-threatening or serious injury.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Social distancing and contact football</b> I have advised my child on social distancing guidance & the ban on contact football outside FA clubs.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Handling data and track and trace</b> I have read and agree to the Club's Data Privacy Policy in respect of track and trace.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Hygiene</b> I understand my child cannot play without a clean shirt, hand sanitiser & labelled water bottle.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Infographics and players' code</b> I have received the Club infographics and the Covid-19 players' code and have discussed these documents with my child.	<input type="checkbox"/>	<input type="checkbox"/>

SIGNED.....

DATE.....

## Appendix 5: FA First Aid guidance (sample pages)

# FIRST AID GUIDANCE FOR RETURNING TO OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL (CONTINUED)

- Chest compressions are considered an aerosol generating procedure<sup>17</sup> (AGP), which has a higher risk of Covid-19 transmission, and so for the safety of the responders the following precautions are required:
  - Before commencing chest compressions a covering should be placed over the player's face, this can in the form of a hand towel or cloth. This covering should provide sufficient cover to cover the players mouth and nose whilst still permitting breathing to restart following successful resuscitation<sup>3</sup>.
- The responder should place their hands together in the centre of the chest and push hard and fast (a rate of 100-120 compressions per minute, at a depth of 5-6cm of the chest width) providing continuous chest compressions.
  - Compression-only CPR may be as effective as combined ventilation and compression in the first few minutes after cardiac arrest<sup>12</sup>.
- All other players and individuals involved in the training session should be asked to vacate the vicinity if they are not involved in the resuscitation.
- If available the first aider/coach should wear appropriate PPE (gloves, apron, fluid-resistant face mask and goggles) and all other helpers advised the same:
  - The club EAP should account for this scenario and ensure the availability of appropriate PPE to respond to this situation.
- The AED should be applied as soon as it arrives:
  - Follow the guidance as advocated by the AED (see **Figure 2**).
- If possible, swap responders providing chest compressions as often as required and at least following every AED analysis (or every two minutes in the absence of an AED) to ensure appropriate rate and depth is achieved;
- Once the ambulance service arrives please hand over responsibility to the ambulance service;
- After performing compression-only CPR, all rescuers should wash their hands (and face if no mask or eye protection worn) thoroughly with soap and water; alcohol-based hand gel is a convenient alternative. They should also seek advice from the NHS 111 coronavirus advice service and their club medical adviser if concerned about Covid-19 symptoms.



# FIRST AID GUIDANCE FOR RETURNING TO OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL (CONTINUED)

## **SPECIFIC REFERENCE TO PLAYERS UNDER 18 YEARS OF AGE SUFFERING A SUDDEN CARDIAC ARREST (SCA) (see Figure 3)**

- Because cardiac arrest in those below the age of 18 can often be due to reasons other than cardiac (from the heart), such as respiratory (lung) problems, ventilation is crucial to the child's chance of survival. However, for those not trained in paediatric resuscitation the adult process detailed above can be followed.
- The most important thing is to ensure treatment is provided quickly;
- If a child player is not breathing normally and no intervention is provided, their heart will stop and full cardiac arrest will occur. Therefore, ensure early chest compressions and AED application as soon as possible, deliver defibrillation early when indicated, and ensure medical help/emergency services are on their way;
- It is very likely in the football setting that the child player is well known to you, and to not perform ventilatory support might not be an option you wish to take, despite the risk to the responder. If the decision is made to perform rescue breathing (due to compression only CPR likely to be less effective if a respiratory problem is the cause) please use a face shield<sup>12,17</sup> or pocket mask with a one way filter valve:
  - If the responder is wearing a mask this will be required to be removed to provide rescue breaths.
- Providing rescue breaths will increase the risk of transmitting the COVID-19 virus, either to the rescuer or the player. However, this risk is small compared to the risk of taking no action as this will result in certain cardiac arrest and the death of the child<sup>11,16</sup>;
- Should you have provided rescue breathing, there are no additional actions to be taken other than to monitor yourself for symptoms of possible Covid-19 over the following 14 days<sup>12</sup>.

## **OTHER POTENTIAL INJURIES THAT OCCUR DURING FOOTBALL TRAINING**

Your first duty of care as first aider or coach is to yourself and it is imperative you take all advised precautions and other first aid providers have also advocated similar advice<sup>18</sup>. The vast majority of incidents you will encounter on the training pitch can be managed without the need to get close to a player, where you would come into contact with cough droplets. Sensible precautions will ensure you are able to treat a player effectively without compromising social distances. The FA have taken the position of putting safety first through risk mitigation, recommending that PPE is required (as a minimum: disposable gloves and apron with a fluid-resistant surgical mask highly recommended) for those with a duty to respond to a player (club EAP on first aid) PPE<sup>12</sup>.

**Please note: a face covering or cloth mask is not the same as a Type IIR surgical face mask as used by healthcare workers/ first aiders as part of PPE (refer to Table 2).**

### **IF THERE IS LOSS OF CONSCIOUSNESS**

If the mechanism of an injury has not been witnessed one must assume that a head/neck injury is present until proven otherwise. Manual Inline Stabilisation (MILS) will be required. In these circumstances there is potential for an airway compromise, particularly so when a player has lost consciousness or, has an altered level of consciousness. As a minimum the responder must approach safely wearing appropriate PPE (gloves, apron, fluid-resistant face mask and goggles).

### **IF THERE IS A COMPROMISED AIRWAY (LOSS OF CONSCIOUSNESS TONGUE OCCLUDING THE AIRWAY OR CHOKING)**

A simple head tilt chin lift (in the absence of any suspected head or neck injury) or jaw thrust can be applied wearing appropriate PPE (gloves, apron, fluid-resistant face mask and goggles) after first ensuring there is nothing occluding the player's airway.

# FIRST AID GUIDANCE FOR RETURNING TO OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL (CONTINUED)

Please note: Airway management with the potential to cause a cough or sneeze would be considered an aerosol generating procedure (AGP) and as such a higher level of PPE would be required, and so considered out of the scope of the first aider. On recognising airway difficulty, immediately call for medical assistance because an ambulance will be essential.

If the player is choking, then the responder ideally in appropriate PPE (gloves, apron, fluid-resistant mask and goggles) can approach the player from behind and follow the choking algorithm (up to five back slaps, followed by up to five abdominal thrusts, repeated until the airway is clear). Emphasis on care when checking the airway between sets is advised as this is an aerosol generating procedure and PPE is not at the level to negate this additional risk.

## IF THERE IS A BLEEDING WOUND PRESENT

**Nasal or oral wounds** with the potential for spitting, coughing or sneezing would be considered a potential for an aerosol generating procedure and a higher level of PPE is required for any management (not applicable for first aiders).

If this occurs during training, ensure more than a two-metre distance (current guidance) is maintained from the player by all concerned, and seek urgent medical assistance. Where parents or household members are close by they can be allowed to assist, whereby the first responder can advise from a safe distance.

Postural drainage positions – such as leaning forwards or side lying with the head facing towards the ground can help drain fluids from the face or nose. This can be considered if injuries allow, whilst awaiting medical help from those in appropriate PPE, or the emergency services. If the player is unconscious then the recovery position can be used.

**Other wounds** that are open but do not involve the oral or nasal cavities are not classed as aerosol generating procedures thus disposable gloves, apron and fluid-resistant face mask are all that are required.

## IF THERE HAS BEEN A BLOOD OR BODY-FLUID SPILL

Keep other players/parents away from the area. Use a spill-kit if available, using the PPE in the kit or PPE provided by your club, and follow the instructions provided. If no spill-kit is available, place paper towels/roll onto the spill, and seek further advice from emergency services when they arrive.

## Head injuries/cervical injuries/medical emergencies that don't involve the airway/fractures and muscular injuries

Are not considered aerosol generating procedures and can be dealt with as normal by a first aider with appropriate training, wearing the appropriate PPE (disposal gloves, apron and fluid-resistant face mask)<sup>17</sup>. If no first aider is present then the coach can assist from a distance (ideally more than two metres away) until a parent, a household member or the first aider or ambulance arrive (will vary dependent on club EAP).

**To reiterate** – the safety of the responder is paramount, and no-one is expected to provide care which jeopardises their own personal health or safety. In an emergency situation, where suitable PPE is not available, the coach or potential helper must consider the potential risks to both themselves and the player, and decide what level of care they feel is reasonable, or what level of care they are able to provide in the absence of PPE<sup>3</sup>. This may include compromising social distancing and being within two metres of the player, or providing no assistance at all until the ambulance arrives, or until appropriate PPE is made available.

## Clubs with a duty of care to provide first aid and medical practitioners as part of football regulations

All clubs must follow Public Health England (PHE) guidelines. Those with a duty as first aiders, or those acting as 'therapist' or doctor where available, should follow national guidance inclusive of Resuscitation Council UK (RCUK), conducting their own risk assessment and ensuring they follow full PPE guidance<sup>12</sup>.

# FIRST AID GUIDANCE FOR RETURNING TO OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL (CONTINUED)

If treatment rooms are utilised, social-distancing guidance must be followed. Do not allow players to congregate in the treatment area, and clean to PHE standard after each time a different individual is treated in the room<sup>6</sup>. Manual therapy treatment of players (including soft tissue therapy and massage) prior to, or after training, are not to be conducted unless it is absolutely essential and ideally approved by a qualified doctor/senior graduate therapist in advance. If any member of the therapy staff is performing essential physiotherapy or soft tissue treatment, they must wear appropriate PPE throughout. At present Government guidance indicates that this should include (as a minimum):

- Fluid-resistant surgical mask (FRSM type IIR);
- Disposable gloves;
- Disposable plastic apron/long sleeved fluid repellent gown or coveralls;
- Goggles/eye protection (for injuries above shoulder level).

It is not recommended to manage any players in medical rooms at training grounds, thus no guidance is being provided for designated separate AGP and non-AGP rooms (depending on Covid-19 risk) as all emergency procedures should be undertaken by the emergency services on arrival at the training ground.

First aiders are not recommended to provide any treatments or interventions beyond emergency first aid outlined in this document, and club EAPs should outline the same. If players require medical treatment they must be directed towards their local emergency department or to their own general practitioner.

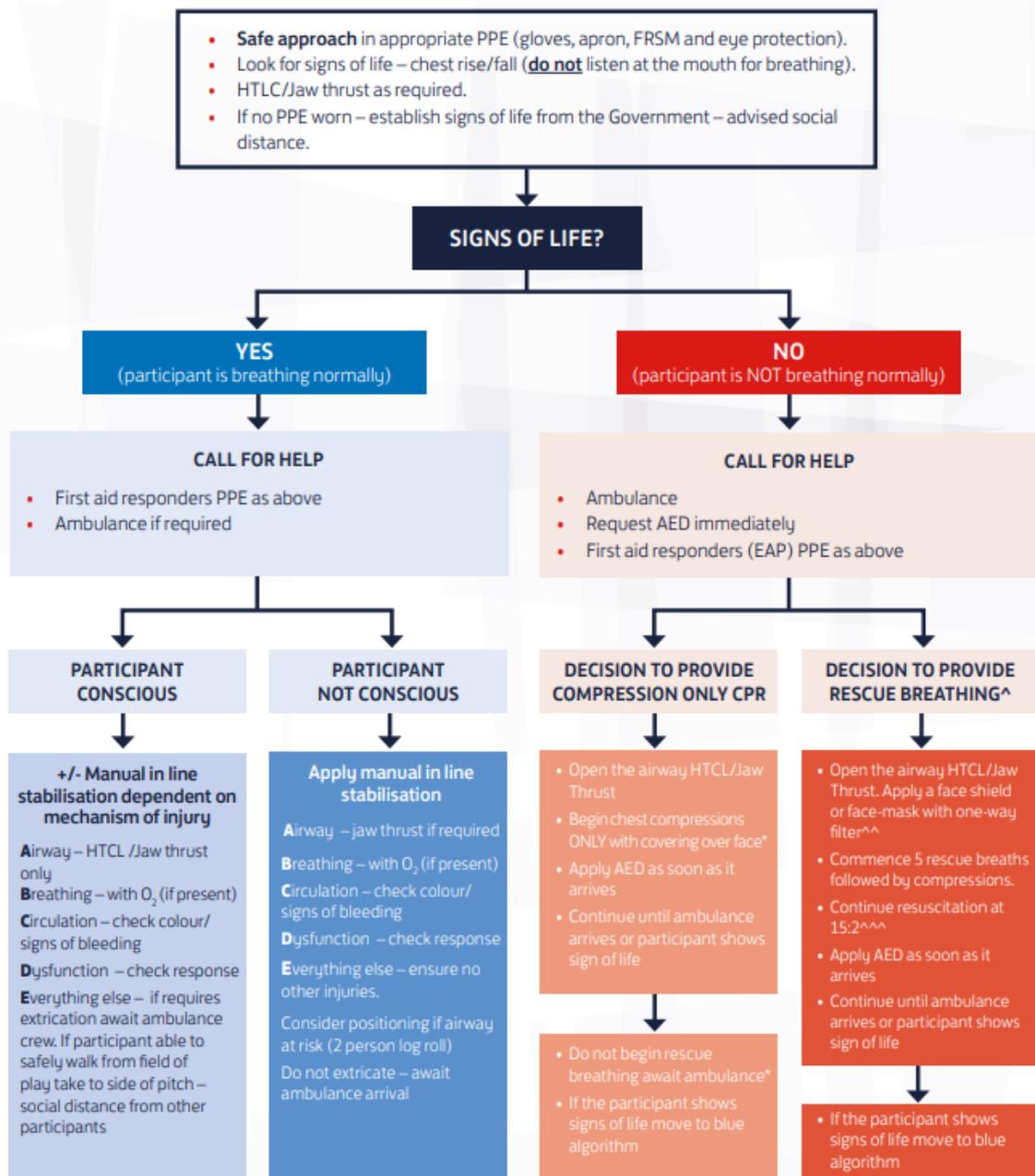
Where healthcare professionals (therapists/doctors) are providing treatment to players during training sessions they must dispose of their PPE appropriately and put on clean replacements after handwashing, before seeing another player. The face mask must be replaced once it becomes damp, damaged or soiled.

Should a player require the assessment of their head (inclusive of face, mouth, nose or ear) therapists/doctors must wear in addition to the PPE above a fluid-resistant visor or goggles. Personal spectacles are not considered appropriate. This requirement also needs to be a part of the club EAP where a designated first aider/therapist is present.

Appropriate type and quantities of PPE must be available at all times and they must reflect all potential medical situations that may arise through the course of related football activity (this may include Level 3 PPE for any potential aerosol generating procedures that may occur in airway management, if staff are trained to provide these procedures). Appropriate education in the types of and circumstances that dictate the need for PPE<sup>1</sup>, including donning<sup>19,20</sup>, doffing<sup>21</sup>, and fit testing where appropriate<sup>22</sup>.

Disposal of PPE will require a clinical yellow bin and the EAP must reflect the clubs clinical waste disposal procedure. This must be as a minimum collected from the ground no longer than every 14 days.

**FIGURE 3: PAEDIATRIC EMERGENCY AND FIRST AID CARE ALGORITHM FOR NON-ELITE FOOTBALL DURING COVID-19 IN ABSENCE OF LEVEL 3 PPE**



\* If the club has health care professionals (HCPs) on site a face covering can be a non-rebreather mask attached to oxygen at 15L/min. If suitably qualified and Level 3 PPE available rescue breathing with airway adjuncts can be commenced before ambulance arrives (elite sport framework<sup>21</sup>). Once airway intervention has occurred all staff in Level 2 PPE must move away 2m pitchside (or out of the room indoors), leaving only responders wearing Level 3 PPE.

^ An individual decision to perform rescue breathing due to compression only CPR likely to be less effective if a respiratory problem is the cause in a child

^^ If rescuer is wearing a mask this will have to be removed. There are no additional actions to be taken after providing rescue breathing other than to monitor for symptoms of possible COVID-19 over the following 14 days. HCPs can use a bag valve mask with a viral filter.

^^^ The paediatric ratio of 15:2 (15 compressions to 2 rescue breaths) can be provided or if more familiar with the adult provision of 30:2 this can be equally applied. The emphasis is on the speedy provision of resuscitation. Breath provision is one second as per an adult and depress the chest 4-5cm in a younger child/adolescent.

## Appendix 6: Best practice hand-washing and hand sanitiser



### Best Practice: How to hand wash step by step images

Steps 3-8 should take at least 15 seconds.

<p>1</p>	<p>2</p>	<p>3</p>
<p>Wet hands with water.</p>	<p>Apply enough soap to cover all hand surfaces.</p>	<p>Rub hands palm to palm.</p>
<p>4</p>	<p>5</p>	<p>6</p>
<p>Right palm over the back of the other hand with interlaced fingers and vice versa.</p>	<p>Palm to palm with fingers interlaced.</p>	<p>Backs of fingers to opposing palms with fingers interlocked.</p>
<p>7</p>	<p>8</p>	<p>9</p>
<p>Rotational rubbing of left thumb clasped in right palm and vice versa.</p>	<p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.</p>	<p>Rinse hands with water.</p>
<p>10</p>	<p>11</p>	<p>12</p>
<p>Dry thoroughly with towel.</p>	<p>Use elbow to turn off tap.</p>	<p>Steps 3-8 should take at least 15 seconds.</p> <p>... and your hands are safe*.</p>

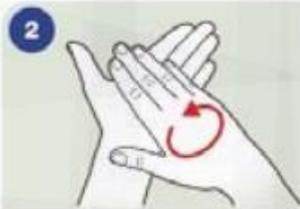
Adapted from the World Health Organization/Health Protection Scotland  
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\*Any skin complaints should be referred to local occupational health or GP.

## Best Practice: How to handrub step by step images



1 Apply a palmful of the product in a cupped hand and cover all surfaces.



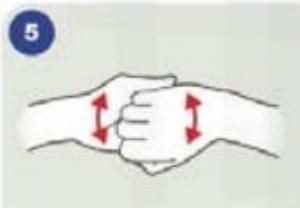
2 Rub hands palm to palm.



3 Right palm over the back of the other hand with interlaced fingers and vice versa.



4 Palm to palm with fingers interlaced.



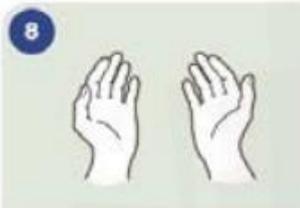
5 Backs of fingers to opposing palms with fingers interlocked.



6 Rotational rubbing of left thumb clasped in right palm and vice versa.



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



8 Once dry, your hands are safe.

# Appendix 7: Infographics

## SALISBURY ROVERS F.C. – PARENT GUIDE

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### 1. PREPARING FOR TRAINING

- PLEASE READ THROUGH YOUR TEAM RISK ASSESSMENT.
- SIGN THE TRAINING CONSENT FORM.
- RETURN THE FORM TO YOUR COACH.

### 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

- 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.

## SALISBURY ROVERS F.C. – PARENT GUIDE

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



# SALISBURY ROVERS 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.



**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.



**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: \_\_\_\_\_

##



# SALISBURY ROVERS F.C. – PLAYER GUIDE

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## 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.



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'.



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

## Appendix 8: Emergency Action Plan

### Emergency Action Plan

Club Name:	Salisbury Rovers
Club Address:	Five Rivers Leisure Centre, Salisbury
Club Postcode:	SP1 3NR
<b>First Aider Information</b>	
Name	Mobile Number
Debbie Sayers	07543654971
<b>First Aid Equipment &amp; Facilities</b>	
Item	Location
Defibrillator	At Five Rivers reception (trained first aiders)
Stretcher	As above.
First Aid Room	As above.
<b>Access Routes</b>	
For Ambulance:	Through car park to field - access to field at far end of car park around the leisure centre building.
First Aid Room to Ambulance:	Park in front of leisure centre at main reception
Pitch to Ambulance:	See above.
<b>Other Information</b>	
Nearest Hospital with A&E	Salisbury District Hospital
Hospital Address:	Odstock rd, Salisbury, SP2 8BJ.
Hospital Contact Number:	01722 429163
Directions	Leave Centre car park and head left on Hulse road. Turn right on to Castle rd. Turn left at the roundabout on to the ring road. Turn right at the next roundabout Turn right at the following roundabout by Wiltshire College. At the next roundabout, turn left and follow the signs for the hospital
Journey Time	10 mins
Nearest Hospital with WIC	Central health clinic (central car park Salisbury)
Hospital Address:	SP1 3SL Tel. 01722 331191