



## INFORMATION FOR PARENTS AND CARERS - RETURN TO FOOTBALL (COVID-19)

We are pleased to welcome everyone back to football activity ahead of the 2020/21 season following the break due to the COVID-19 pandemic. As with most areas of our lives, you will appreciate that things will be different to before, with a few additional requirements compared to last season. Please be aware that, as guidance changes, our requirements may also change. We will inform you of any changes at the earliest possible opportunity.

As you will no doubt be aware, COVID-19 is a highly infectious and dangerous disease. A resumption of contact sports is only achievable if those involved create and maintain a controlled environment that minimises the threat of infection. While the risks in sport cannot be completely eradicated, with caution and care they can be greatly reduced.

Please note, it is not mandatory for your child to return to training and matches at this time. If you have any concerns about resuming football activity, please speak to your coach or the Club Welfare Officer in order to discuss options for a later or more gradual return.

Prior to the return to training the Club has undertaken a full Risk Assessment in line with FA requirements and the guidance and advice in this document incorporates any changes required in relation to this. For further information about the impact of COVID-19 on football and the measures required to allow its return, please [visit the Hertfordshire FA website](#).

### Health

Prior to attendance at any training session or match, everyone should self-assess for any symptoms of COVID-19. If the player is symptomatic or living in a household with a possible or actual COVID-19 infection, they must NOT participate or attend.

If any of the following symptoms are present in your household, please remain at home:

- A high temperature (above 37.8°C)
- A new, continuous cough
- Shortness of breath
- A sore throat
- A loss of, or change to, their sense of smell or taste
- Feeling generally unwell
- Having been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks or been asked to isolate by NHS Test and Trace

We require all players to be signed in to training and matches by an adult. By signing the player in to training/match, you are confirming that the player has completed the self-assessment for COVID-19 on that day.

This will support the NHS Test and Trace system should we have a COVID-19 case within the Club and need to provide them with details. Please ensure the Club has up to date contact details. The information supplied will only be used for the purposes outlined.

Should your child have a specific medical condition, please discuss with their coach should any different steps need to be taken.

## **Consent**

In order for players to take part in any contact training sessions and matches, we require the written consent from a parent/carer for every player.

Without this consent, the player will not be able to join in with any activities. The coach or admin for your team will have a document that you will need to read and sign to confirm that you permit your child to take part in contact training and matches.

*This needs to be done at the first training session that your child attends this season.*

## **Training sessions**

Sessions will be held, in the main, at social distance, working on individual ball skills and fitness, with some contact/game time allowed within the sessions. Players should maintain social distance before and after sessions, and also during any breaks in play.

Coaches will explain these arrangements to the players at the sessions, but in order to make things run smoothly we ask that you remind your children of these conditions prior to training and help them recognise what a 2 metre distance feels like.

## **Arrival and equipment**

Players should arrive at sessions ready to play. They are required to bring their own named water bottle and named alcohol-based hand sanitiser to every session, along with any medication they might need during the session (such as asthma inhalers) as well as any sunscreen required. Ideally these items should be in a clearly named gym sack.

The girls will be instructed to apply sanitiser before, during and after sessions. At the earliest opportunity after sessions, players must wash their hands properly, using soap and hot water for a minimum of 20 seconds. The full Starlets training kit should be worn, along with suitable shin pads. Goalkeepers will require their own gloves (which should be cleaned and sanitised regularly during and after sessions). It is important that kits are washed regularly.

During the sessions, equipment will be kept within the group and will be cleaned between sessions. Where possible players are asked not to handle the ball, but to use feet instead as this will reduce the likelihood of transmission. Chewing gum and spitting are not permitted.

Please note that the toilets will NOT be open for use at Thomas Alleyne for the immediate future so please ensure all concerned are prepared accordingly.

## **Parental attendance**

Parents are asked to attend and remain at training sessions and matches – we request that this is limited to one per player. Those attending should observe social distancing at all times and be in groups of no more than six, as per the current Government guidance.

The requirement for parental attendance is primarily for reasons relating to First Aid and the Health and Safety of the children. Club coaches and first aiders can provide treatment if it is required, but will need to kit up in mask, apron and gloves to attend to anyone outside of their own household (or support bubble) to do so.

Therefore, in order to ensure any incidents are dealt with as quickly as and efficiently as possible, a parent/carer should be prepared to attend to their child in the first instance. In the case of matches, you are reminded that no spectators or coaches should enter the playing area without first gaining permission from the referee.

## **Travel**

Players should travel to training and matches in household bubbles or support bubble groups where possible. If this is not possible, players should:

- Share the transport with the same people each time
- Keep to small groups
- Open windows for ventilation
- Face away from each other
- Ask the driver and all passengers to wear a face covering
- Consider seating arrangements to maximise distance between people in the vehicle
- Exhibit good personal hygiene with regular handwashing and sanitising on arrival
- The car should be cleaned between journeys using standard cleaning products – including door handles and other areas people may touch.

## **At the end of sessions**

At the end of any football activity, we ask you to sign your daughter out and leave the venue promptly as other groups will be arriving for sessions shortly after. The club will keep records of attendance as required comply with any requests from NHS Test and Trace to help control the spread of COVID-19 and we have updated our Data Protection Policy to reflect this.

## **Any questions?**

Please let us know if you have any questions or concerns about the above arrangements. Your child's wellbeing is always our first concern.

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