



Herts Youth Inclusive Football COVID-19 Player Guidance

This document is aimed at all players who are taking part in matches organised through the Herts Youth Inclusive Football committee during COVID-19 restrictions. It applies to inclusive football players competitive (i.e.: contact) friendly matches held by the following clubs for U12's, U16's and U20's players;

- St Albans City Youth FC Inclusive
- Bedwell Rangers FC Inclusive
- St Johns Ladies FC
- Everett Rovers FC Inclusive
- Hemel Aces FC Inclusive

Events to be held at Watford FC's training Dome. This guidance is for all those involved; players, parents/carers, coaches, support staff.

It is based on:

- the [latest guidelines from the FA](#) (23 September 2020); and
- includes specific guidance from Watford FC about using the training Dome,

and should be read alongside Herts Youth Inclusive Football COVID-19 Risk Assessment. If any guidance changes this document will be updated accordingly.

Following the Government's announcement on 22 September 2020, all Covid-secure guidelines are now legal obligations, which everyone must adhere to.

Before attending the first event, all participants therefore will need to pre-register their agreement with their respective clubs, to have read, understood and will comply with our COVID-19 guidelines, as outlined in this document, our COVID-19 Risk Assessment and the Government COVID-19 guidelines generally. Registration is required once, in advance of the first session you plan to attend.

In competitive training and match play, physical contact is allowed, but for all other activity (e.g. warm-ups/cool-downs) the Government guidance on two-metre social distancing should be observed. All participants need to recognise that the risks cannot be completely eradicated but with caution and care they can be reduced.

If you have any reservations about returning to match play or about anything in this document, please ensure that you have discussed this specifically with your club coach. We will endeavour to agree how/if these can be met within current Government COVID-19 and FA guidance.

COVID-19 RETURN TO TRAINING PLAYER GUIDANCE

BEFORE ATTENDING ANY EVENT FOR THE FIRST TIME PARTICIPANTS MUST:

1. Read and understand this document fully. Any points of clarification that are required **MUST** be raised with their respective club coaches prior to any further action.
2. Understand and conform with our obligations under the NHS Test and Trace Program. Your Club shall keep an attendance record of all match attendance and their participants to aid with NHS contact tracing should the need arise.

BEFORE TRAINING PARTICIPANTS MUST:

1. Have completed all of the above and have given their express consent to attend matches.
2. Undertake a COVID-19 self-assessment. Before attending the training all participants must undergo a self-assessment (using the Self Assessment checklist found at <https://www.hertsyouthinclusivefootball.org>) for any COVID-19 symptoms each week before attending the Watford Training Ground.
3. Not leave their home to participate in football at the training ground if they, or someone they live with, has any of the following:
 - A high temperature (above 37.8C).
 - A new continuous cough.
 - Shortness of breath.
 - A sore throat.
 - Loss of or a change of normal sense of taste and smell.
 - Feeling generally unwell.
 - Persistent tiredness.
 - Been in close contact/living with somebody who is suspected or has tested positive for COVID-19.
 - Been asked to self-isolate by the NHS Test and Trace because they have been in contact with a known COVID-19 case.
4. Inform their club without delay of your symptoms if any of the above (section 3) applies to you. You will be asked to self-isolate and not attend the training ground for up to 14 days. Further guidance about this and when it is safe to return to training can be found in the Self-Assessment document found at <https://www.hertsyouthinclusivefootball.org>).
5. Ensure only players, coaches and volunteers taking part in the session visit the training ground. **NO SPECTATORS WILL BE ALLOWED IN AND AROUND THE DOME.** If you are given a lift **DRIVERS WILL NEED TO EITHER REMAIN IN THEIR CARS IN THE VISITORS CAR PARK OR LEAVE AND RETURN AT THE END OF THE SESSION. A PARENT/CARER CAN ONLY COME**

INSIDE THE DOME IN EXCEPTIONAL NEEDS CIRCUMSTANCES WHICH MUST BE PRE-AGREED WITH KAREN STEPHANOU AT WATFORD FC CSE TRUST.

6. Make sure all current Government COVID-19 guidance is followed regarding private and public transport to and from training sessions.
7. Ensure you have washed hands thoroughly before leaving home.
8. Ensure you bring your own named Hand Sanitiser with you to all sessions and keep this accessible at all times. Do not share this with anyone outside your household.
9. Ensure you bring your own easily identifiable & adequate refreshments. Do not share this with anyone outside your household. Food must not be brought into the Dome.
10. Ensure you arrive in clean kit and bring / use your own clean bibs (provided by the club) where possible to avoid cross over between players.
11. Goalkeepers must bring their own gloves

UPON ARRIVAL AND DEPARTURE OF THE DOME PARTICIPANTS MUST:

1. On arrival, allow their temperature to be checked at the Security Gate. Please make sure you are wearing a face mask when temperatures are being checked.
2. Park in the visitor's car park and walk socially distanced from others to the training Dome
3. Wash their hands via the hand sanitiser stations upon arrival and again before departure at the Check in Point (entrance to the Dome).
4. Follow the new one-way system for entry and exit and movement around the Dome (as signposted). Maintain social distancing at all times.
5. Only use the portable toilets located adjacent to the Dome – DO NOT USE THE MAIN TOILETS BY THE MAIN CAR PARK.
6. Place all possessions, drinks, sanitizer, etc brought to the Dome in an area specified by the coaches, and at least two meters from any other person's possessions or the equipment.

DURING TRAINING PARTICIPANTS MUST

1. Ensure that they do not touch any equipment or balls with their hands at any time, even during match play. Coaches should handle these only.
2. Be appropriately socially distanced from each other when having breaks; during warm ups / downs; when taking part in any drills that do not involve contact training; or when not participating / waiting for your turn in contact training.
3. During game play, use kick-ins instead of throw-ins.
4. Wear gloves where a participant will be touching equipment (e.g. goalkeeper focused

session) and/or the coach shall regularly sanitise the equipment. Gloves should never be shared with others and sanitised regularly by their owner.

5. Not use any equipment in the Dome that is not owned by FFFC, apart from the goals. Any goals moved and used must be sanitised after use.
6. Not shake hands, or do fist bumps, high fives, etc at any time.
7. Not celebrate excessively or collectively and avoid contact with others.
8. Not shout towards the face of any other person
9. Either use a tissue or the crook of their elbow if they need to sneeze or cough and avoid touching their face. Tissues must be disposed of immediately in a sealed bag/bin and hands washed or sanitised straightaway.
10. Not spit, nasal clean or chew chewing gum whilst at the Training Ground.
11. Allow a first aider to remain socially distanced in the event of an injury during a session that is not an emergency (life or limb threatening) but which requires assistance. If a household member is in the Dome and it is appropriate they can assist with first aid. If a player needs medical attention and it is not possible to maintain social distancing, the Club first aider will wear disposable gloves and face mask.

AFTER TRAINING PARTICIPANTS MUST

1. Maintain social distancing protocols while leaving the pitch and site and returning to transport. Please ensure all personal belongings are taken home by the person they arrived with.
2. Not leave rubbish, plastic bottles or discarded tissues, PPE, etc. These must be bagged up and disposed safely
3. When leaving the training Dome all persons must sanitise their hands.

Thanks for your understanding and co-operation