



Uckfield Grasshoppers COVID-19 Club Guidelines – 21/07/2020

Club prepares for the return of competitive grassroots football

Following the Government's approval of the FA's plan for the return of competitive grassroots football, the FA released new guidance to grassroots football clubs on 18th July 2020. We are all very excited about being able to play "proper football" again but there are some critical safety procedures that must be followed.

The below training and match protocol is based upon the FA guidance and **MUST** be followed by all coaches, players and parents associated with Uckfield Grasshoppers JFC at all times. This is an addition to the risk assessment document issued on Monday 20th July 2020.

Competitive training and matches are now permissible in accordance with the following timetable:

- From now until 31st July 2020 – competitive training with contact between players
- From 1st August 2020 – competitive matches such as friendlies and mini-festivals may take place
- From 1st September 2020 – grassroots leagues may start

1. PLAYER HYGIENE

Players and coaches must wash their hands before leaving home and on their return home. Players and coaches should bring their own anti-bacterial sanitiser with them to use throughout training and matches.

2. SOCIAL DISTANCING

Players must remain 2 metres apart whenever they are not taking active part in a match or training drill. Substitutes on the side of the pitch must also be 2 metres apart. Coaches and parents from different households must remain 2 metres apart at all times.

Players are discouraged from celebrating goals or giving each other high-fives etc. If the area where you plan to train is too busy, the training session must be cancelled.



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3. PARENTAL PRESENCE AT TRAINING AND MATCHES

Junior and youth players (up to U18 age group) need an adult from their household present at all times just in case of injury. Coaches are not permitted to attend to an injured player unless it is an emergency, in which case the coach must wear a mask and gloves. These items should be added to First Aid kits.

4. TRAINING GROUP SIZES

Training groups can now be increased to a maximum of 30 people including players and coaches. The coach to player ratios must not be exceeded in accordance with regular child safeguarding protocols:

- Up to U10 age group: Maximum 8 players per coach and two adults must be present at all times
- U11 – U18 age groups: Maximum 10 players per coach and two adults must be present at all times

5. EQUIPMENT

Sharing of equipment should be avoided wherever possible. Balls must be cleaned regularly throughout training sessions and matches – for example during a break in play. Goalkeepers should apply anti-bacterial sanitiser to their gloves before and during matches; gloves must not be shared between players.

Bibs can be worn but must only be used by any one player during a training session or match. After single use, all bibs must be placed in a designated bag for the coach to take home and wash – preferably the same day but at any rate before the next training session or match. Avoid the use of bibs for substitutes and use a player's own tracksuit top to cover up match kit. All items of player's kits, particularly tracksuit tops, should be labelled with their names to avoid becoming mixed up with other players.

Players should arrive for training and matches in their kits – there are no changing facilities permitted at football grounds at the present time.



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6. SETTING-UP AND CLEARING-UP

Coaches must arrive in plenty of time before a training session or match to layout appropriate social distancing areas prior to any players arriving. Do not ask players to handle cones etc. and players should not help clearing the training area after a session.

Coning off an area for each player is a good idea so that they can place their bag, drink, sanitiser etc. apart from other players. The attending adult with each player can also stand in that area.

All equipment – balls, cones, poles etc. – should be cleaned immediately after a training session or match is finished before packing them away.

7. TOILET FACILITIES

Parents and players are reminded that toilet facilities will NOT be available at training and match grounds.

8. COVID SYMPTOMS

Parents must be asked each week if they have shown symptoms or been in contact with anyone showing symptoms. If so, training sessions must be postponed until they have tested negative

9. TRACK AND TRACE

It is essential that the coach keeps a detailed record of all players attending each training session and match for the NHS track and trace service. In order that we can contact players/parents in the event of an outbreak, all players and parents MUST be registered on the Grasshoppers online registration database.

10. DISPERSING AFTER A TRAINING SESSION OR MATCH

All players and parents are encouraged to maintain social distancing after a session or match has finished and not to gather in groups. Ideally all participants should disperse as quickly as possible.

We thank all coaches, parents and players for their commitment to abide by this new protocol so that we can ensure the return of competitive football is as safe as possible for all involved.