



THE RETURN TO GRASSROOTS FOOTBALL

UPDATED: 12TH APRIL 2021

COVID-19 CHECKLISTS



COVID-19 MATCHPLAY SAFETY BRIEFING

(FA Code of Behaviour)

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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.
- ☐ • **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 being prepared to wash your own kit, bringing your own labelled water bottle and being aware of changes to meet-up times.
- ☐ • **PRACTISE GOOD HYGIENE:** Wash your hands regularly and before, during and after a game.
- ☐ • **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.
- ☐ • **FACE COVERINGS:** Unless you have an exemption, face coverings are mandatory in any indoor spaces for staff and visitors.
- ☐ • **SUPPORT NHS TEST AND TRACE:** You're likely to 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.
- ☐ • **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.
- ☐ • **CLUB/VENUE GUIDANCE:** Insert any specific guidance for your club/venues to be followed by players, coaches, match officials and spectators



COVID-19 RETURN TO FOOTBALL CHECKLIST: CLUBS

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- ☐ • Ensure club is affiliated with Hampshire FA for 2020/21
- ☐ • Ensure required public liability and personal accident insurances have been confirmed and purchased for 2020/21
- ☐ • Nominate COVID-19 Lead to establish and monitor delivery within FA guidelines
- ☐ • Agree COVID-19 action plan and roles and responsibilities for all involved*
- ☐ • Complete COVID-19 and Safeguarding risk assessments for all relevant venues
- ☐ • Ensure Emergency Action plans are up to date and incorporate relevant COVID-19 information
- ☐ • Source and distribute any required signage and cleaning equipment
- ☐ • Review **FA FIRST AID GUIDANCE** and ensure nominated first aiders have sufficient PPE
- ☐ • Notify coaches, players and parents/carers of their roles and responsibilities (see additional checklists)
- ☐ • Establish method for obtaining written consent to participate from players or parents/spectators
- ☐ • Establish method for confirming your players' self-assessment upon attendance at each match and confirm the opposition have a method for collecting theirs
- ☐ • Ensure all NHS Test and Trace Codes are made available at all venues for attendees to check in using the NHS App
- ☐ • Establish secondary method for recording attendance associated with your club where unable to access NHS App
- ☐ • Establish a method for confirming match official self-assessments and recording NHS Test and Trace data for home matches
- ☐ • Establish a method for obtaining cashless matchday subscription payments
- ☐ • Create/source venue specific COVID-19 safety information for all home venues so it can be shared with club and opposition coaches and disseminated accordingly
- ☐ • Consider meet times at home venues to avoid unnecessary congestion during changeover



COVID-19 RETURN TO FOOTBALL CHECKLIST: MANAGERS & COACHES

- ☐ • Review **FA GUIDANCE ON RE-STARTING OUTDOOR COMPETITIVE FOOTBALL** in full
- ☐ • Review club/venue COVID-19 Risk Assessment (and contribute where required)
- ☐ • Share any venue specific COVID-19 safety information with opposition coaches and parents/coaches as appropriate
- ☐ • Adhere to **GOVERNMENT SAFER TRAVEL GUIDANCE**
- ☐ • Ensure every parent/player has provided consent to participate
- ☐ • Complete self-assessment before attending every training session/matchday
- ☐ • Ensure every parent/player confirms the following prior to each matchday:
 1. Who is attending (including parent/carer)
 2. Self-assessment completed and clear (including parent/carer)
- ☐ • Collect self-assessment and test and trace information from match official prior to kick-off (if MO under 18 collect from parent/carer)
- ☐ • Practice social distancing - pre/post match, during warm-ups and cool downs, at half-time and on the sidelines (coaches and substitutes)
- ☐ • Ensure no handshakes, huddles or goal celebrations that involve more than one player
- ☐ • Maintain clean equipment and avoid sharing between players
- ☐ • Disinfect goalposts/corner flags pre/post match and at half-time and footballs during breaks in play (ensure only players retrieve match balls and that they use their feet to do so)
- ☐ • Deliver a safety briefing to your team prior to kick-off to ensure everyone adheres to the FA Code of Behaviour (**FA GUIDANCE ON RE-STARTING OUTDOOR COMPETITIVE FOOTBALL; P16**)
- ☐ • Allow parents/carers to attend to their players' injuries unless life/limb threatening - refer to **FA FIRST AID GUIDANCE** for details
- ☐ • Advise parents/carers to practice social distancing at all times
- ☐ • Provide regular breaks for players to wash their hands using their own hand sanitiser
- ☐ • Encourage players to take quick set plays to avoid prolonged close marking and defensive walls
- ☐ • No spitting at all on site and no shouting in close proximity to others



COVID-19 RETURN TO FOOTBALL CHECKLIST: YOUTH PLAYERS & PARENTS/CARERS

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- ☐ • Adhere to **GOVERNMENT SAFER TRAVEL GUIDANCE**
- ☐ • Adhere to any additional requirements put in place by training/playing venue
- ☐ • Ensure player arrives appropriately dressed and ready to play (including laces tied!)
- ☐ • Ensure player has their own labelled drinks bottle, hand sanitiser and kit/equipment/medication
- ☐ • Ensure you have confirmed consent for your player to participate ahead of initial return to play
- ☐ • Upon arrival to each matchday provide/confirm the following information:
 - 1. Who is attending (including parent/carer)
 - 2. Self-assessment completed and clear (including parent/carer)
- ☐ • Players - practice social distancing pre/post match, during warm-ups and cool downs, at half-time and on the sidelines
- ☐ • Parents/Carers - practice social distancing at all times
- ☐ • Adhere to FA Code of Behaviour (**FA GUIDANCE ON RE-STARTING OUTDOOR COMPETITIVE FOOTBALL; P16**) and any additional guidelines highlighted in the club safety briefing
- ☐ • Parents/carers to attend to their players' injuries (coaches/managers will only intervene if life/limb threatening) - refer to **FA FIRST AID GUIDANCE** for details
- ☐ • Encourage hand sanitising pre/post game and during breaks in play - ensure players have their own hand sanitiser
- ☐ • Ensure only players retrieve the footballs when they leave the field of play and that they use their feet to do so
- ☐ • Support coaches with additional duties, eg. Data collection, disinfecting goalposts/corner flags pre/post match and at half-time, etc.
- ☐ • No spitting at all on site and no shouting in close proximity to others
- ☐ • If a player or parent/carer falls ill showing COVID-19 symptoms contact NHS Test and Trace
- ☐ • Unless you have an exemption, adhere to government guidance on face coverings in indoor spaces

