

# Match and Training FAQs

Due to the ever-changing nature of COVID-19, this document will be updated regularly. If you feel that your question hasn't been answered, please email [info@kentfa.com](mailto:info@kentfa.com)



## 1. Do the recent Government restrictions limiting gatherings to groups of 6 affect grassroots football?

*Outdoor team sports are exempt from these restrictions and organised, Covid-19 secure grassroots football can continue. All participants must follow all FA and Government guidance.*

*From Thursday 24 September, organised indoor sport and indoor exercise classes for **adults** can continue to take place, **provided groups of more than six do not mix** (i.e. a maximum of 3 v 3 matches can be played indoors). If groups of six are likely to mix, these indoor activities must not go ahead. There are exemptions for organised indoor team sports for **disabled people** and also for **children (under-18s)**. Therefore, disabled people and children can continue to play indoor sport without restrictions on numbers.*

## 2. Why is training limited to 30 people, but matches are not?

*The FA guidance does not provide a cap of 30 for competitive matches as this would prohibit many formal matches from taking place when you factor in players, substitutes and officials. The wider Government guidance is clear that that you are able to play outdoor team sport in any number if this is formally organised by a sports club or similar organisation and sports-governing body guidance has been issued. Social distancing must be adhered to in all settings before and after matches. Training sessions should be limited to groups of no more than 30.*

## 3. What if my club is not ready to return to competitive training and matches?

*The FA has worked with the government to develop approval for the restart of competitive grassroots football. Each club should fully understand the guidelines before deciding to commence activity. Each club must only return to competitive football when they are ready and have the appropriate measures in place as developed by The FA and general government guidance. There is no pressure to return. Everyone's health, wellbeing and safety are the priorities.*

#### **4. We want to arrange a football competition with different teams competing, is this allowed under the new guidelines?**

*The current government guidance permits competitive football activity. Therefore, in order to host multiple fixtures at the same time, you will need to ensure you have considered this as part of your Covid-19 risk assessment and are comfortable that the groups can maintain social distancing off the field at all times. All clubs and teams need to ensure they are affiliated to their respective County FA to ensure valid insurance is in place and to allow for the use of FA registered referees. You must ensure that you do not overload your facilities – your Covid-19 risk assessment should cover maximum occupancy levels to ensure that social distancing can be maintained.*

*For all other considerations, visit [bit.ly/ReturnToFootballGuidance](https://bit.ly/ReturnToFootballGuidance)*

#### **5. If there is a regional lockdown, will we be allowed to play competitively?**

*Clubs must always consider whether there are local restrictions in place in their area. If so, clubs should first read the guidance relevant to their area as this may supersede FA guidance and therefore also football activity. Kent FA will be working with Local Authorities to determine what restrictions, if any are appropriate.*

#### **6. Will we be able to use changing rooms?**

*Changing rooms are an area of increased risk of transmission. Where possible, they should remain closed. Players and Officials should arrive changed and shower at home. Exceptions may be made where safety and safeguarding measures require their use e.g. supporting disabled athletes or a child needs a change of clothing etc. If you choose to use your changing and shower facilities, follow this guidance: [bit.ly/ChangingRoomsAndShowers](https://bit.ly/ChangingRoomsAndShowers)*

*Preparation and use of toilets before, during or after the match or training should follow government guidance: [bit.ly/CleaningFacilities](https://bit.ly/CleaningFacilities). Further information on changing rooms for clubs in the National League System and Women's pyramid can be found in The FA's guidance.*

#### **7. Are there any rules around goal celebrations?**

*Yes, goal celebrations should be conducted in a socially distant manner. Please refer to this guidance for a summary of considerations that should be taken during play:*

*[bit.ly/ReturnToFootballGuidance](https://bit.ly/ReturnToFootballGuidance)*

## **8. What about Walking Football, is there any specific guidance around this?**

*As a format of football, Walking Football is covered by all the same guidelines that are provided by The FA. These can be found here: [bit.ly/ReturnToFootballGuidance](https://bit.ly/ReturnToFootballGuidance)*

## **9. What if there is an injury, is it safe for a player to be treated?**

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

*If there is a first-aider or other medical personnel present, they should be equipped with the appropriate PPE (including face coverings) before treating anyone to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance.*

## **10. What is permitted as 'organised' football**

*Above all, football must be played in an organised and safe environment that has a Covid-19 risk assessment specifically for organised football activity. This can be provided by: the user group (e.g. a club) or the facility provider (e.g. a small sided football centre), or c) by both. Where no risk assessment exists – groups must follow the Governments 'rule of six'.*

**Example 1:** *a football club that has its own Covid-19 risk assessment and plays at a local park = [permitted](#).*

**Example 2:** *a small-sided team that plays at a small sided football centre with a Covid-19 risk assessment = [permitted](#).*

**Example 3:** *a group of friends that meet at a local park for a kick about = [must follow the Governments 'rule of six'](#).*

