

EBUFC COVID Safety Briefing – To be read to everyone present before each match (friendly or competitive)

- **Check that all players, officials, volunteers and spectators have carried out a self-assessment as below and the initialled form;**

All players, officials, volunteers and spectators must undergo a self-assessment for any Covid-19- symptoms. No-one should leave home to participate in football if they, or someone they live with, has any of the following:

- A high temperature (above 37.8°C);
 - A new, continuous cough;
 - A loss of, or change to, their sense of smell or taste.
- **Check that all players, coaches and officials have washed or sanitised hands thoroughly**
 - **Remind all present that they must socially distance when not playing on the pitch**
 - **Ensure that details for everyone present (players, spectators, officials, coaches) are gathered for Track and Trace purposes.**
 - **Reinforce to players that there is to be no spitting. This includes rinsing out the mouth and spitting out the water.**
 - **Reinforce to all that there is to be no shouting when near and facing another player, official, coach or spectator**
 - **Inform players and spectators that the ball should only be retrieved by a player and that this should be by feet where possible**
 - **Inform the players that the ball will need to be disinfected when it goes out of play following a throw in and assign this role to a volunteer. Spare balls around the pitch where possible**
 - **Pre-match handshake or elbow contact should not happen. Instead players will be asked to hand-sanitise before kick-off;**

- **Team talk huddles should not take place. Team talks can take place, as long as social distancing is observed**
- **Warm-ups/cool-downs should always observe social distancing;**
- **Coaches, other team staff and substitutes are allowed, but must also always observe social distancing on touchlines/dug-outs.**
- **Social-distancing must also be observed during interactions when a substitution is being made;**
- **Set plays – corners should also be taken promptly to limit prolonged close marking and goal posts should be wiped down before matches, after matches and at half time.**
- **Interactions with referees and match assistants should only happen with players observing social distancing;**
- **Small-sided football should be modified to provide more regular hygiene breaks in activity.**
- **All friendlies should have mid-half breaks to permit drinking, sanitising of hands and cleaning footballs, gloves etc.**

(FA Code of Behaviour on reverse of this sheet)



FA Code of Behaviour

Covid-19 is a highly infectious and dangerous disease. A resumption of contact play is only achievable if those involved create and maintain a controlled environment that minimises the threat of infection. Risk in sport cannot be completely eradicated but with caution and care these risks can be reduced. Each player will need to decide when to return to contact football, based on their own circumstances and the arrangements that have been put in place for a safe return. This is particularly the case for players from BAME communities or those with underlying health conditions. 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.
- Where possible 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.
- Avoid shouting or raising your voice if face to face with other players.
- 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 cooperate.
- Do not spit. Spitting and the rinsing out of mouths is now a recognised risk to health and must not be done
- 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.