

Dear Parents, Guardians & Players

In light of the recent FA announcement and subsequent guidelines sent to EBUFC by the Northants FA, we have reviewed and are now preparing to return to contact football training sessions and matches.

In order for us to do so, there are new protocols and extra measures we must put in place to ensure the safety and wellbeing of our members, coaches and families. We need your help to make it as smooth and safe as we can.

Below is an outline of the extra measures we will be taking and also a declaration for Parents/Guardians/Players to sign so members can participate in the sessions. Please note EBUFC insurance does not cover against COVID-19 therefore it is vital we all adhere to the following.

Do not bring your child to a session if you, they, or anyone in your household is at all unwell, or/and displaying symptoms of COVID-19 as below, or you, they, are part of another bubble e.g. school which is under isolation restrictions as an individual in that bubble has tested positive.

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

<p>All present at a match whether friendly or competitive will be asked to self assess for Covid-19 symptoms</p>	<ul style="list-style-type: none"> • <i>Please ensure you have self-assessed against the symptoms above. You will be asked to confirm you have carried out this assessment for yourself and your child</i> • <i>You will be asked for your name and contact details to provide to Track and Trace if necessary</i>
<p>Parents/Guardians are expected to stay during the training session until further notice.</p>	<ul style="list-style-type: none"> • <i>Should a child become generally unwell</i> • <i>Should an incident occur e.g. a storm & we are unable to take refuge in a safe place without compromising social distancing</i> • <i>Should an incident occur where an ambulance is required, or medical attention needed</i> • <i>Should non-compliant behaviour be experienced</i>
<p>Please prepare your child and remind them that training and matches will continue to be a little different</p>	<ul style="list-style-type: none"> • <i>They should not touch / hug their friends as a greeting or goal celebration</i> • <i>There is to be NO spitting of any kind. This includes the rinsing of mouths and spitting out the water.</i> • <i>They will need to wash their hands whenever a coach asks them to</i> • <i>They must continue to socially distance when not on the field of play</i> • <i>Only bring food if it is medically advised and remove all rubbish from site within your holdall.</i>
<p>Ensure your child has the correct equipment to train/participate as we are unable to lend any items.</p>	<ul style="list-style-type: none"> • <i>Named filled drinks bottle minimum 750ml</i> • <i>Shin pads</i> • <i>Tissue for nose etc.</i> • <i>Personal Sanitiser if you have a small bottle</i> • <i>Bring everything in a named holdall</i>

<p>Please make sure you arrive at the training session or match at your allocated time.</p> <p>It is as bad to be early as late.</p>	<ul style="list-style-type: none"> • <i>This helps to avoid too many people in the same area at the same time</i> • <i>Please observe signs/markings and maintain social distancing</i> • <i>Only leave your vehicle when asked to do so by your coach/manager</i> • <i>Parents/carers should observe social distancing and must not enter the training field.</i> • <i>Note car sharing can only be by members of the same household.</i>
<p>Toilets</p>	<ul style="list-style-type: none"> • <i>Please ensure a toilet visit is made before coming to the training ground as the toilets will be limited on site</i>
<p>Changing rooms</p>	<ul style="list-style-type: none"> • <i>Please come fully kitted for training as changing rooms or showers will be unavailable</i>
<p>Medication</p>	<ul style="list-style-type: none"> • <i>Inhalers, epi pens etc. need to be in a named clear plastic bag.</i> • <i>A defibrillator is on site and will be used if required.</i>

Process for a child showing symptoms whilst at training

- Individual is isolated in a designated area, supervised by a club member wearing PPE.
- Parents are called over to collect the child immediately.
- Parents need to arrange for a Coronavirus test immediately. The child will not be able to return until the outcome of the test is known (if positive, quarantine periods apply – included in the Government guidelines).
- We will notify other families that a player is being tested to enable them to stay vigilant.
- In the event of a positive test result, we will notify everyone present at the training session or match as well as informing the NHS Track and Trace service. We will take advice and you may then be required to self-isolate for 14 days
- Note if a coach shows symptoms during the session the above will apply however either the session will stop if insufficient cover.

Despite all the challenges for everyone in this situation, we are very much looking forward to getting back to more normal football sessions for all of our players. We will not do this at the expense of any person’s well being so the club will make sessions available for those not ready for contact training or matches.

Declaration:

I agree to taking part in contact training and matches with EBUFC and will adhere to all guidelines set out by this document.

I..... would prefer..... to remain non-contact until further notice

Parent/Guardian signed.....Date.....

Let’s make football safe not sorry - please play your part to help everyone!