**<CLUB NAME> PLAYER GUIDE**

**RETURN TO COMPETITIVE FOOTBALL – UPDATED 28.07.2020**

This CLUB NAME player guide is a summary of the FA COVID-19 guidance to re-starting outdoor competitive grassroots football, published on 18th July 2020. All players should read the FA guidance which can be found [<click here>](http://www.thefa.com/news/2020/jul/17/grassroots-guidance-for-competitive-football-restart-in-england-170720.). Training can start from 20th July 2020 with 11 a-side friendlies no earlier than 1st August 2020.

The FA guidance permits physical contact during outdoor competitive match play. For all other activities before, after and during any breaks in play the Government guidance on social distancing should be observed, Read here. [<click here>](https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing)

**Anyone who is deemed vulnerable in respect of COVID-19 is reminded to follow the Government’s guidance, only returning to football when it’s right for them to do so. Returning to play is voluntary and <CLUB NAME >** **will support any player who chooses not to return yet.**

<Club Covid-19 Safety Officer’s name> has been appointed as the club’s COVID-19 Officer and can be contacted by email on insert Covid 19 Officer email address for any queries.

**A summary of the key points from the FA guidelines which ALL players/managers/supporters must follow;**

• Everyone should self-assess for COVID-19 symptoms before every training session and match. If you are symptomatic or living in a household with possible or actual COVID-19 infection you must not participate or attend.

• A record of attendance will be kept by the club and used only for the purpose of NHS test and trace. All players must provide contact details, which will be stored in-line with GDPR principles.

• Anyone who becomes infected after training or a match should report this to the NHS test and trace system and the club’s COVID-19 officer.

• Players should arrive changed and shower at home. Use of changing and shower facilities will not be permitted. Toilets will be accessible, but players must disinfect hands before and after use.

 • Players to supply their own kit for training. No bibs will be provided. For 11 a-side matches the club will still supply the kit, but players should wash their own kit where possible.

• Competitive match play is now permitted, with a maximum of 30 people allowed for one training session. Social distancing must remain in place before and after the match, and in any breaks in play.

• Players should supply their own hand sanitiser and drinks bottle for training and matches, personally labelled.

• All equipment must be disinfected before and after play e.g. footballs, goal posts and corner flags.

 • Players should sanitise hands before and after a game, as well as scheduled breaks throughout a game or training session.

• Goalkeepers should ensure they disinfect their gloves regularly in breaks in training or matches and thoroughly afterwards.

 • Ball handling should be minimised, most contact via a boot and the ball disinfected in breaks of play.

 • Players should not spit and must avoid shouting or raising their voices when facing each other during, before and after games. Goal celebrations should also be avoided.

 • First aid can be administered when essential e.g. for any life or limb threatening conditions until an ambulance has arrived. Strict hygiene standards and the use of PPE must be considered.

• Training and match fees must be transferred electronically. No cash payments should be taken.

• Traffic flow systems and signage must be followed at all clubs/facilities, home and away.

**It is vital that all players follow these guidelines to ensure a return to play is as safe as possible. Should the FA guidance change, players will be updated accordingly**