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## Deeping United FC – COVID-19 Updated Guidance

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### Introduction

On Monday, 23rd November 2020 the UK Government announced that organised sports, including grassroots football, could resume once the national lockdown ended on the 2<sup>nd</sup> December.

On Tuesday, 1st December the government published guidance for the safe provision of grassroots team sports (see [here](#)). This set out information on grassroots sport and physical activity during COVID restrictions.

The FA has prepared guidelines for a safe return and these have been published. All our players, coaches, volunteers and parents/carers should read the FA's full guidelines. They should be read in conjunction with the latest UK Government COVID-19 guidance. For further information please see:

[Click here for FA guidelines](#)

[Click here for the latest Government guidance](#)

Deeping United FC is now able to safely return to football ensuring we have made the necessary modifications to mitigate the transmission risk of COVID-19.

However, returning to football is at the discretion of players, parents/carers and coaches of each team.

In accordance with FA's guidelines, we have updated our guidance to ensure we are thoroughly prepared. Training can commence from Saturday, 5<sup>th</sup> December once all players, coaches, volunteers and parents/carers have familiarised themselves with this updated guidance. Matches will resume but they may be affected by travel restrictions. More details are provided below.

Updates to the existing Club guidance are in **red**.

### Club Guidance

#### For players, coaches, volunteers, officials, parents/carers and spectators

- **Travel is not permitted in and out of Tier 3 to play adult (over 18s) grassroots football. Therefore, players who live in Tier 2 will not be able to train or play matches in Tier 3 and vice versa. Coaches will need to find out how many players are available for coaching sessions and matches and they must let the committee know if there are any issues on the Coaches WhatsApp group. The club will seek clarity from the County FA but we assume matches affected by this will be cancelled.**
- **There is an exemption for travel in Tier 3 for U18s, volunteers, disability teams, match officials, guardians, elite players and those travelling for work. Government guidance says that travel should be minimised and kept to short distances only. The FA guidelines are silent on this, therefore the club assumes that junior and youth teams can train and playing matches as normal.**
- **Spectators are permitted at games, but must follow the rule of six and Government guidance on restrictions in certain tiers. Only one parent/carer should attend coaching sessions or matches to avoid congestion. Only coaches and club volunteers are permitted to use the car park at the field. Everyone else must use the Leisure centre car park to avoid congestion. The club must take a hard line on any parents/carers that do not stay in spectator areas, abide by social distancing, the car parking arrangements or other guidance/instructions that are in place to ensure everyone's safety.**

**The club will have to consider stopping parents/carers attending if there is a problem. Any abuse towards club volunteers regarding safety arrangements will not be tolerated and the offender and their child will be removed from the club!**

- Do not attend if you feel unwell or if anyone within your household is showing symptoms or isolating due to COVID-19.
- All players, coaches, 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:
  - o A high temperature (above 37.8°C);
  - o A new, continuous cough;
  - o A loss of, or change to, their sense of smell or taste.
- Do not attend if in the last 14 days you have been unwell with flu-like symptoms or have been in contact (or suspect you have) with a known suspected case of COVID-19.
- If anyone in your household is shielding or highly vulnerable, it is recommended that you do not attend coaching sessions or matches.
- Anyone attending a coaching session, match or club meeting or gathering should follow the UK Government's best practice for travel including minimising use of public transport and walking or cycling if possible. People from a household or support bubble can travel together in a vehicle.

### For coaches

- **Coaches must contact the parents/carers of any youth or junior players that have not confirmed they are happy for their child to participate in competitive training and matches. This was a precondition of our return in July so we expect most parents/carers have already done this. You should share this document and the Coronavirus/COVID-19 Risk Assessment and Safeguarding Risk Assessment with them. The parents/carers must send a confirmation using the template outlined in Parents section below. If they are not happy for their child to participate, you must ask them that should they change their stance, to provide you with advance notification (1 week). The club's position is simple; no player should be pressured into returning.**
- **All participants (i.e. adult and youth) should minimise contact in training where possible, e.g. minimise tackles/any drills or practices that require close contact.**
- **All protocols on social distancing, hand sanitising, equipment sharing, facilities and NHS Test and Trace must be strictly adhered to.**
- The committee understands that coaches have a long list of duties and it won't be easy. We can only ask that you apply best endeavours to fulfil our obligations. However, it is essential that you supply the paperwork that we have asked for below.
- You MUST read, sign and return the Coronavirus/COVID-19 Risk Assessment as soon as possible to the Health & Safety Coordinator and the Welfare officers via email – [welfare@deepingunitedfc.com](mailto:welfare@deepingunitedfc.com). You cannot resume competitive training until you have done so. *Hint: you can create a handwritten signature using the drawing tool in Notes on IOS or Android, which you can insert into the Word document.*
- If you develop symptoms or a player contacts you to advise you that they have symptoms, you must advise the Club Secretary and Welfare officers at the earliest opportunity – [welfare@deepingunitedfc.com](mailto:welfare@deepingunitedfc.com).
- All coaches MUST retain a player attendance list for training sessions. A template for this is provided in the document "Deeping Utd FC Attendee Register & Safeguarding RA". This must be submitted to the club welfare team after each session to ensure we are following current NHS test and trace protocols – [welfare@deepingunitedfc.com](mailto:welfare@deepingunitedfc.com). The Welfare officers will be checking that this is being followed.
- All coaches MUST retain a Deeping United player list for matches. A template for this is provided in the document "Deeping Utd FC Attendee Register & Safeguarding RA". This must be submitted to the club welfare team after each session to ensure we are following current NHS test and trace protocols – [welfare@deepingunitedfc.com](mailto:welfare@deepingunitedfc.com). In addition, all coaches should check (ideally in writing e.g. email, text or WhatsApp) with the opposition team's coach that they are following current NHS test and trace protocols, such as keeping an attendance register.

- All coaches MUST submit the Safeguarding Risk Assessment before every match and coaching session to the Welfare officers - [welfare@deepingunitedfc.com](mailto:welfare@deepingunitedfc.com). A template for this is provided in the document “Deeping Utd FC Attendee Register & Safeguarding RA”. This must be done to comply with the FA’s Safeguarding requirements.
- All coaches should ensure a safety briefing is provided before the commencement of any fixture. This briefing will remind both sets of players and officials about their responsibilities in complying with the Code of Behaviour set out in Appendix 1 to this guidance.
- The club has a zero tolerance to spitting, chewing gum, wetting of gloves and squirting of drinks. Any coaches not observing this may be asked to leave the coaching session or match.
- Coaches should stay with the same group of players for all sessions and same players should remain in the same groups. Where children have returned to school and are within a bubble with teammates, we recommend trying to replicate that bubble within the coaching environment where at all possible.
- We recommend you do not utilise bibs at present but if you do, these must be washed after every session. Consider if it appropriate to provide each player with their own bib (and possibly ball) to take home and wash/disinfect

Before your session/match	At your session/match	After your session/match
<ul style="list-style-type: none"> <li>- Coaches must arrived changed</li> <li>- Clean all of your equipment</li> <li>- Consider what, if any, PPE you wish to wear (gloves, Facemask)</li> <li>- Wash your hands before you leave home</li> <li>- Bring your own hand sanitizer and drink both clearly labelled</li> <li>- Use hand sanitizer on arrival to coaching</li> </ul>	<ul style="list-style-type: none"> <li>- Check that players have both a water bottle and hand sanitizer. These may be purchased from the club</li> <li>- Avoid sharing equipment e.g. assign a ball to each player</li> <li>- At regular intervals use your hand sanitizer and ask your players to use theirs too</li> <li>- Police the social distancing of your players when they don’t need to be close to one another</li> <li>- Minimise shared use of equipment e.g. Ball per player</li> <li>- Handling should be kept to a minimum during training e.g. no throw ins, use kick ins instead</li> <li>- Follow good respiratory hygiene (Catch it, Bin it, Kill it)</li> <li>- Pre match handshakes should not happen</li> <li>- Team talks/huddles should not take place unless socially distanced and held outdoors, where possible</li> <li>- Warm ups/cool downs should always observe social distancing</li> <li>- At matches ensure you, other team staff and substitutes observe social distancing on touchlines/dug-outs</li> <li>- Social distancing to be observed when substitutions are made</li> <li>- Set plays – free kicks: coaches (and referees) should encourage players to get on with the game and not prolong set play set-up, such as defensive walls</li> <li>- Set plays – corners: should be taken promptly to limit prolonged close marking and goal posts should be wiped down before matches, after matches and at half time</li> </ul>	<ul style="list-style-type: none"> <li>- Dismiss players to parents in a controlled socially distant manner using the defined exit gate</li> <li>- Cleanse and tidy away equipment and leave promptly</li> <li>- Players should take their own kits home to wash them</li> <li>- Clean / Sanitizer your hands</li> <li>- Wash your hands as soon as you return home</li> <li>- Wash your clothing and boots upon returning home</li> <li>- Shower at home</li> </ul>

	<ul style="list-style-type: none"> <li>- Goal celebrations should be avoided</li> <li>- Interactions with referees and match assistants should observe social distancing</li> <li>- Youth football coaches are encouraged to limit persistent close proximity of participants during match play (where young participants may be more likely to cluster around the ball) and provide regular hygiene breaks in activity.</li> <li>- Ensure social distancing during breaks in play e.g. half-time</li> <li>- Ensure water bottles are not shared</li> <li>- Balls to be disinfected during breaks in play when throw-ins or handling has occurred. It is suggested you ask a couple of parents/spectators to help with this</li> <li>- Avoid shouting when in close proximity to others</li> </ul>	
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### For Players

- **If you develop symptoms you must advise your coach at the earliest opportunity.**
- Any player found to not be adhering to the social distancing guidelines or any club guidance may be dismissed from the session and asked not to return.
- Please refrain from bringing food such as sweets to share with your teammates from birthdays etc.
- The club has a zero tolerance to spitting, chewing gum, wetting of gloves, squirting of drinks. Any players not observing this may be asked to leave the session/match.
- 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.

Before your session/match	At your session/match	After your session/match
<ul style="list-style-type: none"> <li>- Clean your hands before leaving home</li> <li>- Bring a clearly labelled (with your name) drinks bottle</li> <li>- Wash your training equipment</li> <li>- Use the toilet before leaving home</li> <li>- Ensure any personal medical equipment is clearly labelled with your name</li> <li>- Bring a clearly labelled (with your name) hand sanitizer</li> <li>- Arrive changed and ready for exercise</li> </ul>	<ul style="list-style-type: none"> <li>- Keep your belongings separate to everyone else's in the designated area</li> <li>- Follow good respiratory hygiene (Catch it, Bin it, Kill it)</li> <li>- Tell your coach immediately if you feel unwell</li> <li>- Sanitize hands during drinks breaks and at regular intervals</li> <li>- Avoid using your hands to touch the ball or equipment, if possible</li> <li>- Avoid touching your face wherever possible.</li> <li>- Pre match handshakes should not happen</li> <li>- Team talks/huddles should not take place unless socially distanced and held outdoors, where possible</li> <li>- Warm ups/cool downs should always observe social</li> </ul>	<ul style="list-style-type: none"> <li>- Leave the session promptly in a socially distant manner using the designated exit point.</li> <li>- Clean / Sanitizer your equipment</li> <li>- Wash your hands as soon as you return home</li> <li>- Shower on returning home, not at the club, if possible</li> <li>- Wash your clothing and boots upon returning home</li> <li>- Wash your own football kit and bring it to the next game</li> </ul>

	<p>distancing</p> <ul style="list-style-type: none"> <li>- At matches substitutes must observe social distancing on touchlines/dug-outs</li> <li>- Social distancing to be observed when substitutions are made e.g. no high fives etc.</li> <li>- Set plays – free kicks: get on with the game and don't prolong set play set-up, such as defensive walls</li> <li>- Set plays – corners: should be taken promptly to limit prolonged close marking</li> <li>- Goal celebrations should be avoided</li> <li>- Interactions with referees and match assistants should observe social distancing</li> <li>- Ensure social distancing during breaks in play e.g. half-time</li> <li>- Do not share water bottles</li> <li>- Avoid shouting when in close proximity to others</li> </ul>	
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### **For Parents/Carers**

- **Please ensure you are comfortable with the club's COVID-19 planning arrangements before allowing your child to participate.**
- **Most parents/carers would have done this back in July but if not, please email [welfare@deepingutdfc.com](mailto:welfare@deepingutdfc.com) AND WhatsApp the coach. You MUST send them the following message: I, *insert your full name here e.g. Ashley Smith*, give consent for my child, *insert child's name here e.g. Taylor Smith*, to participate in all coaching sessions and matches for Deeping Utd during the coronavirus pandemic. I have read and understood the FA guidelines and Deeping Utd's COVID-19 planning arrangements including the COVID-19 and Safeguarding Risk Assessments. I understand that sessions and matches will involve close contact and I accept the risks associated with my child playing football in this environment.**
- **A parent/carer must accompany their child for the entire coaching session or match. If that is not possible, then your child will not be allowed to participate. This is because a member of their household needs to be present to be able to assist an injured player.**
- Only one parent or carer should attend a coaching session or match.
- We kindly ask that where possible parents/carers do not bring siblings or others to coaching sessions or matches.
- Please ensure your child's equipment, hand sanitizer and drinks bottles are clearly labelled.
- Young children may struggle to maintain social distancing. Please continue to do your best to help your child recognise what two metres or 'one-metre plus' looks and feels like, for example, relate it to arm spans or standing jumps for example.
- Parents are kindly asked to not enter the field beyond that of the designated spectator area unless your child's coach requests you to do so.
- Parents / Carers will be expected to manage any situations where the child needs closer interaction e.g. Bib wearing, Shoelace tying, injury attention.
- Ensure your coach and the club have the most up to date medical and contact information for your child. The easiest way to do this is to return the club registration form ASAP.
- All extended communication with coaches should be conducted electronically rather than face to face.
- Please make every effort to walk or cycle to the training session to minimise cars being used and avoid car sharing.

Before your Session	At the Session	After your Session
<ul style="list-style-type: none"> <li>- Ensure your child has adhered to the above requirements (toilet / hand washing)</li> <li>- Ensure your child's equipment and clothing is clean</li> <li>- Ensure your child has an appropriate drink and hand sanitizer</li> </ul>	<ul style="list-style-type: none"> <li>- Adhere to all social distancing guidelines</li> <li>- Do not enter the field of play except if asked / invited by a coach</li> </ul>	<ul style="list-style-type: none"> <li>- Leave the session promptly in a socially distant manner using the designated exit point.</li> <li>- Clean / Sanitizer your child's clothing and equipment</li> <li>- Wash your hands and ensure your child washes theirs as soon as you return home</li> </ul>

## **Appendix 1**

### **Code of Behaviour**

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.
- **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. 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.