

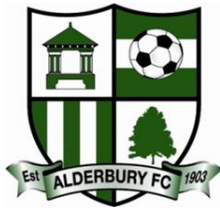
ALDERBURY FC COVID-19 POLICY AND CONSENT FORM FOR PARENTS/CARERS/SPECTATORS/PLAYERS (effective from 17.05.2021)

ACTIVITY BEING OFFERED AND MEASURES PUT IN PLACE TO MITIGATE COVID-19 RISKS

Activity	Risk measures
Competitive football	<ul style="list-style-type: none"> • All participants must adhere to this policy and have provided consent in accordance with this policy; • Coaches will ensure all equipment is cleaned intermittently during activity; • Coaches and club officials will comply with the club's COVID-19 policy for coaches and volunteers.
Toilet facilities - Junction only	<ul style="list-style-type: none"> • Toilets will be allowed to open, 30 minutes before and 30 minutes after training and/or matches • No more than 2 people will be permitted in the clubhouse at any one time. • Entry to the clubhouse will be through the glass doors. People MUST exit by the back door only; • Toilet areas and any other constant contact surfaces will be cleaned prior to the opening of the clubhouse and will also be cleaned before it is closed; • Supplies of hand sanitiser, antibacterial hand wash and paper towels will be available at the wash basin. Users are encouraged to use paper tissue when touching contact surfaces and to dispose of rubbish in the sealed waste bin at the wash basin; • The floor will be clearly marked to ensure social distancing is maintained; • Please queue for the toilet outside the entrance and wait for the previous user to leave the building; • Whilst inside the clubhouse please observe floor markings at all times
Car parking	<ul style="list-style-type: none"> • Please ensure that you try to park with a socially distant gap between vehicles; • Please refrain from loitering in the car park at any time.

ACTIONS YOU MUST TAKE BEFORE THE SESSION (OR MATCH)

- We request that each participant undertakes a health check before travelling to a training session or other football activity. If they answer 'yes' to any one of them they should not travel to the training session or match and follow all applicable [Government Guidance](#) (e.g. call NHS 111, stay at home and get tested).
- Parents and carers are able to attend a football activity, although they must observe the government guidelines on social distancing.
- All participants and other attendees should follow best practice for travel, including minimising use of public transport. Participants should walk or cycle if possible. People from

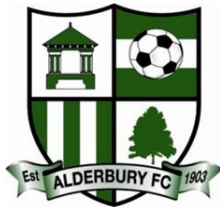


a household or support bubble can travel together in a vehicle. If participants do have to travel with people outside their household or support bubble they should take necessary steps to mitigate risk.

- Players must arrive changed and ready to play.
- Ensure your child takes their own water bottle and their own hand sanitiser, both clearly marked with their name. They must not share these with anyone else.
- Please ensure your child/children know how to maintain good hygiene and hand washing;
- 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' look and feel like – for example, related them to arm spans or standing jumps for example;
- The club will need to document all attendees for training and matches, therefore you will be required to provide the club with name and contact details for NHS Test and Trace purposes.

ACTIONS YOU MUST TAKE DURING THE SESSION (OR MATCH)

- Pre-match handshake 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 and held outdoors where possible;
- Warm-ups/cool-downs should always observe social distancing;
- Players should avoid shouting or raising their voices when facing each other during, before and after games;
- Everyone should refrain from spitting. If you need to sneeze or cough, you are encouraged to do so into a tissue or upper sleeve and advised to avoid touching your face. Ensure any tissues are disposed of in a sealed bin as soon as possible;
- Set plays – free kicks: referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls;
- 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.
- Goal celebrations should be avoided;
- Interactions with referees and match assistants should only happen with players observing social distancing;
- Water bottles or other refreshment containers should in no circumstances be shared. Participants are advised to bring their own drinks or refreshments, in a named container.
- Spectators – Outdoor groups should be limited to 30 people per group, multiple groups are allowed as long as the social distancing rules are followed when watching training and/or a game. Please ensure appropriate space for officials, coaches and substitutes;
- When the ball goes out of play it should not be retrieved by non-participants and should be retrieved using the feet rather than the hands where possible;
- If a participant gets injured, a member of their household can assist if present and appropriate, but others (including match officials and teammates and coaches) will still need to socially distance unless a life- or limb-threatening injury necessitates compromising guidelines to provide emergency care;



ACTIONS YOU MUST TAKE AFTER THE SESSION (OR MATCH)

- Hands should be washed at the earliest opportunity and personal equipment should be wiped down with a disinfectant;
- Please depart following the traffic-flow system that the venue will have in place.

WHO MUST GIVE CONSENT?

Where a child is aged 15 years or younger then parents/carers must give informed written consent, before their child can take part in football activity. The club will retain a record of those parents who have given consent. The club will accept written self-consent from those aged 16 and 17 years of age.

CONSENT

I consent for my child to take part. I am confirming that I have read and understood the activities being offered to my child and agree with the measures the club has put in place to manage any risks, including its Covid-19 measures in line with current Government guidance.

SIGNED..... (parent/carer/player/spectator) DATE.....

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PLEASE NOTE:

A copy of the club's risk assessment/management documentation is available on request. If your child has any specific medical conditions, please ensure that you discuss these with the club welfare officer and/or coach and agree the best way to support your child's needs e.g. you staying to watch nearby and taking responsibility to administer the medication.

If your child has had Covid-19, or symptoms for more than seven days, you must seek medical approval from your family doctor before they can restart any football activity. If you wish to withdraw consent to your child participating in any or all activities, please notify the club welfare officer and/or coach in advance, or as soon as possible.