

# COVID-19 Guidelines and Recommendations

Our top priority is to get back on the pitch in the safest way possible for our players, referees and coaches. We appreciate the adjustments you have made to handle recent changes and are grateful for your patience as we determine the safest route for our players and staff. The guidelines below are effective immediately and will remain in effect until further notice.

## Requirements:

- All spectators and visitors must wear masks when entering and exiting the ground for all games and training sessions or when unable to social distance.
- Social distancing must take place off the field, please adhere to 2m distance from where possible and at a least 1m distance from others. This includes players/coaches on the sidelines & fans/parents/children/etc. during their visit to the ground.
- All individuals must follow the one-way system when entering, exiting and walking around the ground and perimeter.
- Keep gatherings of people to 6 people and less while practicing social distancing.
- See references below for exceptions and more information.

## Recommendations:

- Continue to follow proper precautions (i.e. wash/sanitize hands, stay home if sick, avoid touching face, wear a mask, etc.).
- Do not share sports equipment, match day programme, drink or food.
- Vulnerable populations are asked to stay home.
- If you get sick, the Department of Health recommends you isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.
- Be aware of all travel-related quarantine mandates if you travel from out of the area.

## Our Responsibilities:

- Create and distribute protocols to members, these can be found at [www.alresfordtown.co.uk/covid-19](http://www.alresfordtown.co.uk/covid-19)
- Have an effective communication plan in place.
- Maintain participant confidentiality regarding health status.
- Have an action plan in place, in case of notification of a positive test result.
- Train and educate all staff on protocols and requirements, including national and local regulations, Public Health recommendations and other necessary safety information.
- Be prepared to shut down and stop operations.
- Provide adequate spectator space for social distancing.
- Provide hand sanitizing stations and waste receptacles at the ground for individual participant use.
- Develop a relationship and a dialogue with local health officials.
- If a staff member gets sick, isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.

### **Coach/Staff Responsibilities:**

- Take your temperature daily to ensure you are fever free.
- Wash hands thoroughly before and after training.
- Bring, and use, hand sanitizer with you at every training.
- Ensure the health and safety of the participants.
- Inquire how the players are feeling. Send home anyone you believe acts or looks ill.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all national and local health protocols and guidelines.
- Ensure all athletes have their own individual equipment (water bottle, etc.)
- Ensure that the coach(es) are the only person to handle equipment (e.g. cones, disk etc.)
- All training should be conducted outdoors and compliant with social distancing per national or local health guidelines.
- Always wear a face mask when you cannot practice social distancing.
- Coaches should maintain social distance requirements from players based on national and local health requirements.
- If a coach gets sick, isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.
- Educate assistant coach(es) in the event that the head coach is unable to attend games due to illness.

### **Spectator Responsibilities:**

- Take your temperature prior to attending a game to ensure you are fever free.
- Consider not carpooling or very limited carpooling and limit all gatherings to 6 people or less.
- Wear a mask while entering - exiting the ground and follow all one-way walkways while inside the ground.
- Sanitized your hands after touching surfaces which are exposed to other people.
- Do not shake hands or high five with any players or coaching staff and practice social distancing (2m/1m)
- If a fan gets sick, isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.

### **Player Responsibilities:**

- Take your temperature daily to ensure you are fever free.
- Wash hands thoroughly before and after training and bring, use, hand sanitizer with you at every training.
- Wear a mask before and immediately after all training and games. Players are not required to wear masks during the games, warm-up and training.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social distancing, place bags and equipment at least 1 m apart.
- Wash and sanitize all personal equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all guidelines as well those of your local health authorities
- All participants should be required to bring and fill their own containers and water containers/bottles must not be shared. Communal drink stations such as hydration carts should not be used.
- Administrators should not assist with the personal water containers of participants and staff.
- If a player gets sick, isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.