



COVID-19 Code of Conduct & Guidance

Players & Parents/Carers

March 2021

Hands. Face. Space.

- **To support NHS Test and Trace, please download the app before arrival (<https://covid19.nhs.uk>) and read the quick guide (<https://covid19.nhs.uk/pdf/user-qr-guide.pdf>). ATTENDEES SHOULD NOT enter the field of play until they have scanned the QR code placed at the entrances.**
- **DO NOT attend if you or anyone you have been in contact with display symptoms, or if you have been asked to isolate by NHS Test and Trace. Anyone with symptoms must leave immediately.**
- **Practise SOCIAL DISTANCING at all times. Keep at least 2 metres away from other people. DO NOT gather in groups.**
- **You should only return if you feel confident and safe to do so.**

By attending training sessions, matches and related events and activities on behalf of Farncombe Youth Football Club, you acknowledge, appreciate and agree that:

1. Participation includes possible exposure to and illness from infectious diseases including but not limited to COVID-19, MRSA and influenza, and. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
2. You KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for your participation; and,
3. You willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, you observe any unusual or significant hazard during your participation, you will remove yourself from participation and bring such to the attention of the nearest official immediately; and,
4. You, for yourself and on behalf of your heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Farncombe Youth Football Club their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

As parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to your child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, your child/ward understands and accepts these risks and responsibilities. You for yourself, your spouse/partner, and child/ward do consent and agree to his/her release provided above for all the Releasees and yourself, your spouse/partner, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to your minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Self-Screen Check

Each participant should self-screen prior to arrival at training or matches to ensure they do not have any of the following symptoms (confirmed by a parent for those under age 18):

- A high temperature (above 37.8° C).
- A new continuous cough.
- Shortness of breath.
- A sore throat.
- Loss of or change in normal sense of taste or smell.
- Feeling generally unwell.
- Persistent tiredness.
- Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous 2 weeks.
- If you or anyone in your household/bubble are self-isolating whilst waiting for a COVID-19 test or test results.

If you answer 'yes' to one or more of the questions, you should not attend and follow NHS and PHE guidelines.

Players

- **Be safe and listen carefully.** Follow instructions from your coach about staying safe and social distancing.
- **No contact.** Don't touch coaches, other players, or other parents/carers. No high fives, hugging, handshakes, goal celebrations, team huddles, spitting or shouting. Don't touch equipment and limit your handling of the ball.
- **Your kit.** Keep all of your kit with your parent/carer. This includes water bottles with your name on, hand sanitiser, goalkeeper gloves and jumpers. These must be your own and not be shared with anyone else.
- **Designated area.** Space for your kit will be provided if you do not have a parent/carer in attendance.
- **Cover your mouth.** Cough and sneeze into your sleeve, or tissue and dispose of immediately.
- **Enjoy it!** Try your best and have lots of fun.

Parents/Carers

Before arrival at Meade's Park

- **Only one parent/carer per child can attend.** Do not bring siblings and other family members and do not stay unless absolutely necessary.
- Your child can train or play matches only if you have registered them with the club and given your consent for them to play by the Sunday before their first session or match.
- Ensure your child has gone to the toilet to decrease the frequency of toilet visits.
- Ensure you and your child have washed your hands.
- Minimise the amount of kit/belongings you bring for you and your child.
- Travelling should be independent or in household bubbles. Avoid public transport if possible.

At Meade's Park

- Do not gather in groups and maintain social distancing.
- Sanitise your hands upon entry and exit. Dispensers are available.
- **Toilets will be open 30 minutes before and 30 minutes after training/matches.** Take your own child to the toilet and follow the one-in one-out policy.
- **Tuck shop will not be open.**
- Be prepared to assist with first aid for your child, including administering medication.
- Be aware of symptoms and report any immediately.

Further information from the NHS: <https://www.nhs.uk/conditions/coronavirus-covid-19>

Further information from the FA: https://www.thefa.com/news/2021/mar/24/fa-guidance-for-return-to-grassroots-football-20210324?sc_src=email_1055144&sc_lid=74754944&sc_uid=tBYEcOD415&sc_llid=369944

Further information from FYFC: <https://www.farncombeyouthfc.com/covid-19>