

# COVID 19 GUIDELINES

Some guidelines to help keep us all safe during this pandemic. These guidelines have been given to us by the Government & the FA

- 1 Participants should self-assess. If you have symptoms, stay at home and self-isolate.
- 2 Travel to and from matches should follow government guidelines, only travelling with household bubble and limiting travel by public transport.
- 3 All participants should arrive changed and ready to play. Changing rooms and showers are not to be used.
- 4 All equipment should be sanitised before a game and time given during breaks in the game. A match ball should be changed when going out of play to allow the first ball to be sanitised.
- 5 Goal celebrations should be kept to a minimum.
- 6 Clubs must keep a record of all participants for Track & Trace NHS, with contact details.
- 7 Equipment should not be shared, bibs etc. Spectators should not touch the ball when it goes out of play except with their feet.
- 8 There should be no spitting and no shouting in people's faces.
- 9 Participants and spectators should follow social-distancing guidelines around the pitch before, during and after the games.
- 10 Kits should be taken home and washed by the player individually.
- 11 Referee fees must be paid before the game in plastic bank bags or a window envelope.