



Fern Hill Football Club – COVID-19 Risk Assessment Policy

- All coaches and players to self-assess for COVID-19 symptoms before a session. If symptomatic or living in a household with a possible or actual COVID-19 infection you must not attend or participate.
- TRACK AND TRACE - Coaches to keep a record of sessions attendees for up to 21 days. Players contact details to be supplied to the coaches.
- Sessions to be compliant with current government legislation and guidance related to COVID-19.
- 'Safe areas' set up for players to go to when arriving at the session to ensure participants are at least 2 metres apart. This is a player's space to leave their own belongings etc. and to return to for drink breaks.
- Players will be asked to sanitise their hands before and after a session as well as during scheduled breaks throughout the session.
- Ball handling will be kept to a minimum with most contact via a boot and the ball disinfected in breaks of play.
- Match play is permitted, with social distancing in place before and after matches, and in any breaks.
- If a player gets injured, the person treating them must have gloves and a face covering of some kind. Coaches may talk to the player from a distance in some cases to advise them what to do themselves.
- Equipment will be sanitised before the club. Only coaches will touch the equipment. Bibs will be cleaned before the start of each session and not shared with other players during the session. The coaching will take place on the astro turf pitch and will combine skills training and small-sided games.
- **Players must wear SHIN PADS WITH LONG SOCKS OR THEY WILL NOT BE ABLE TO TAKE PART FOR SAFETY REASONS.**
- Players should be prepared for wet/cold weather and bring waterproofs and/or a tracksuit. Players must bring their own **hand sanitiser** to use during the session and own **named water bottle. Snacks must also be named. Drinks and snacks must not be shared.**