**Guidance to Managers and Coaches**

**Start Up of Competitive Football**

I start by thanking you for complying with our Covid Restrictions to date. It has been a difficult 18 months and Covid-19 remains a highly infectious and dangerous disease.

This guidance has been updated to reflect the Government’s removal of Plan B restrictions which were put in place in December 2021, in response to the risks of the Omicron variant. While the Government have removed all restrictions, they are still encouraging caution in certain situations. It is important that all participants remain vigilant and continue to follow FA and Government guidance. The latest changes are summarised below.

All managers must have read the FA Guidance, Covid19 First-Aid Guidance For Grass Roots Football 27th January 2021 and made suitable amendments to the ways in which they undertake both matches and training. If at any point you are unclear about any issue, you are to contact one of the following MBGFC Committee Members.

Committee: Mike Parker – Covid & Welfare Officer 07738306548

Wayne Welch - Lead Welfare Officer 07957818397

Jennie Knowles - Welfare Officer 07957134767

Parminder Handa - Chair Person 07850427408

Sarah Shea – Secretary 07796074698

To assist you the Welfare Team have summarised the main points below: -

**Away Fixtures, Fixed Venues and Other Teams**

As the government have stipulated that we must act with caution it is highly likely that the rules will vary from venue to venue, team to team. You must make yourself aware of the rules wherever you visit, relay these to your team, respect and comply with the rules. For example, some venues may require facemasks in certain areas.

**Test and Trace**

There is not a requirement under Covid restrictions for managers to keep records of players and coaches attending matches and training. However, it is good practice for other reasons. We ask all managers to ensure they know who was at what event.

**NHS QR Codes**

QR Codes are no longer a government requirement. As a result there is no need to display your QR Code. Some venues may still use QR Codes and you are encouraged to use them where displayed.

**Self-Assessment**

All participants (players, coaches, club and match officials, volunteers, spectators etc.) should check for symptoms of Covid-19. If an individual is symptomatic, they must not attend. If a participant is living in a household with a possible Covid-19 infection, they should follow the Government guidance. In addition, any participants who have been asked to isolate or are in quarantine, must not attend.

The symptoms are: -

* high temperature (above 37.8 C)
* new continuous cough
* loss of or change in normal sense of taste or smell
* shortness of breath
* sore throat
* feeling generally unwell
* persistent tiredness

**Guidance to Returning to Football after Illness**

If a participant is shown any of the Government Covid Symptoms, then it is a requirement that they follow the current Government Guidance around testing and isolation. They cannot attend football during this time.

**Safeguarding**

All teams are to have a DBS checked adult at all sessions. They also must have sufficient adults to meet the Safeguarding Guidance ratios: -

* 4 to 8 years – one adult to every 6 children (1:6)
* 9 to 12 years - one adult to every 8 children (1:8)
* 13 to 18 years – one adult to every 10 children (1:10)

**During Sessions**

Although the requirement to Social Distance has been lifted managers may want to consider the follow: -

* Not allowing handshakes
* Team talks could take place socially distant
* Warm-ups/cool-downs could observe social distancing
* Coaches, other team staff and substitutes could observe social distancing on touchlines.
* Limit Goal celebrations
* Interactions with referees and match assistants could happen with players observing social distancing;
* Players could bring their own hand sanitiser.
* Should players share equipment e.g. gloves, bibs, keeper shirt etc., they could sanitised the equipment and both players sanitise their hands.
* All equipment should be cleaned regularly.
* There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. This particularly applies when face to face. Players should therefore avoid shouting or raising their voices when facing each other during, before and after games.
* No 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.

**Treatment of Injuries**

All managers/coaches and first aiders must have read The FA’s , Covid19 First-Aid Guidance For Grass Roots Football 27th January 2021, copy attached.

Below is a summary.

* If a participant gets injured, a member of their household should 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.
* If there is a first-aider or other medical personnel present, they should be equipped with the appropriate PPE (including face coverings) to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance.
* PPE Requirements
  + Initial assessment within 2m
    - IIR surgical face mask
    - Gloves
  + If treatment is needed in addition to the above,
    - Disposable apron
    - Eye protection
* After contact with an injured participant, the person who has administered first aid should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact or social distancing was maintained. The first aider should also avoid touching their mouth, eyes and nose.