CAMBRIDGESHIRE FOOTBALL ASSOCIATIONCLUB SUPPORT PACK NO.6





RETURN TO FOOTBALL JULY 2020 GUIDANCE



THE NEWS WE'VE ALL BEEN WAITING FOR!

CONTENTS

- FA GUIDANCE
- SAFEGUARDING
- AFFILIATION
- INSURANCE
- REFEREE'S
- FIRST AID GUIDANCE
- VOLUNTEER SUPPORT
- FACILITIES

THE FA ISSUED GUIDELINES FOR THE RETURN OF OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL

PRACTICAL GUIDANCE FOR PLAYERS, COACHES, OFFICIALS, VOLUNTEERS, CLUBS, LEAGUES, PARENTS/CARERS AND FACILITY PROVIDERS UNDERTAKING OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL ACTIVITY IN ENGLAND.

The FA can confirm that the UK Government approved its plan for the return of outdoor grassroots football late last night, Friday 17 July 2020.

As a result, the grassroots football community now has the opportunity to return to football and prepare for the start of the new season. The FA has been working hard over recent weeks to prepare guidelines for the safe return of grassroots football and, following Government approval, these have now been published.

Football activity can take place with necessary modifications in place to mitigate the transmission risk of COVID-19.



FA GUIDANCE

CLUBS, PLAYERS,
COACHES, MATCH
OFFICIALS, LEAGUE
OFFICIALS, VOLUNTEERS,
PARENTS/CARERS,
SPECTATORS AND
FOOTBALL FACILITY
PROVIDERS SHOULD READ
THE FA'S FULL GUIDELINES,
IN ADDITION TO THE
LATEST GOVERNMENT
GUIDANCE ON COVID-19.

THE FA HAVE ISSUED NEW GUIDANCE IN THE FOLLOWING AREAS:

- COVID-19 SAFEGUARDING RISK ASSESSMENT GUIDANCE
- COVID 19 GUIDANCE ON RE-STARTING FOOTBALL ACTIVITY
- COVID-19 GUIDANCE ON RE-STARTING OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL
- FIRST AID GUIDANCE FOR RETURNING TO OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL
- RE-STARTING OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL SUMMARY
- NATIONAL LEAGUE SYSTEM CLUB GUIDANCE COVID-19 RETURN TO FOOTBALL



FA GUIDANCE CONTINUED...

UNFORTUNATELY FOR NOW, THE CURRENT GOVERNMENT APPROVAL DOES NOT PERMIT FOOTBALL OR **FUTSAL ACTIVITY** WITHIN **INDOOR SETTINGS**

HIGHLIGHTS

THE FA WOULD STRONGLY RECOMMEND A PHASED RETURN TO **COMPETITIVE FOOTBALL ACTIVITY AS FOLLOWS:**

FROM NOW UNTIL 31 JULY:
WHEN READY, YOU CAN BEGIN COMPETITIVE TRAINING, WITH THE OVERALL GROUP SIZE
(INCLUSIVE OF COACHES) BEING LIMITED TO 30 PEOPLE

FROM AUGUST:

COMPETITIVE MATCHES TO BEGIN, FOR EXAMPLE PRE-SEASON FIXTURES, FESTIVALS AND SMALL SIDED FOOTBALL COMPETITIONS

FROM SEPTEMBER ONWARDS:

GRASSROOTS LEAGUES, MEN'S NATIONAL LEAGUE SYSTEM, WOMEN'S FOOTBALL PYRAMID TIERS 3 TO 6, AND FA COMPETITIONS CAN COMMENCE



FA GUIDANCE CONTINUED...

PLEASE ENSURE YOU FULLY READ AND UNDERSTAND THE FULL FA GUIDANCE

CLICK HERE

FA GUIDELINES

A RETURN TO COMPETITIVE FOOTBALL SHOULD ONLY HAPPEN ONCE CLUBS AND FACILITY PROVIDERS HAVE COMPLETED THE NECESSARY RISK ASSESSMENTS AND COMPREHENSIVE PLANS ARE IN PLACE.

A SUMMARY OF KEY POINTS TO CONSIDER FROM THE FA'S GUIDELINES **ARE LISTED FOR EASE BELOW:**

- Everyone should self-assess for COVID-19 symptoms before every training session or match. If you are symptomatic or living in a household with possible or actual COVID-19 infection you must not participate or attend;
- Clubs and facility providers should ensure that their facility is compliant with current Government legislation and guidance related to COVID-19;
 Competitive training is now permitted, with groups limited to a maximum of 30 people, including
- coaches
- Competitive match play is permitted, with social distancing in place before and after the match, and in any breaks in play;



FA GUIDANCE CONTINUED...

PLEASE ENSURE YOU **FULLY READ AND UNDERSTAND THE FULL FA GUIDANCE**

CLICK HERE

FA GUIDELINES

- Players and officials should sanitise hands before and after a game as well as scheduled
- breaks throughout a game or training session;
 Ball handling should be kept to a minimum with most contact via a boot and the ball disinfected in breaks of play;
- Youth football coaches are encouraged to limit persistent close proximity of participants during match play and training;Goal celebrations should be avoided;
- Equipment should not be shared, and goalkeepers should ensure they disinfect their gloves regularly in breaks in training or matches and thoroughly afterwards. Where possible, coaches should only handle equipment in training;
- Where possible, players, coaches and officials should arrive changed and shower at home. Use of changing and shower facilities must follow government advice on the use of indoor facilities;
- Participants should follow best practice for travel including minimising use of public transport and walking or cycling if possible. People from a household or support bubble can travel together in a vehicle
- Clubs should keep a record of attendees at a match or training session, including contact details, to support NHS Test and Trace;

 • Clubs should ensure they are affiliated with their County Football Association.



FA GUIDANCE CONTINUED...

PLEASE ENSURE YOU FULLY READ AND UNDERSTAND THE FULL FA GUIDANCE

CLICK HERE

FA GUIDELINES

CHANGING ROOMS ARE AN AREA OF INCREASED RISK OF TRANSMISSION, WHERE POSSIBLE, SHOULD REMAIN CLOSED. PLAYERS AND OFFICIALS SHOULD ARRIVE CHANGED AND SHOWER AT HOME. EXCEPTIONS MAY BE MADE WHERE SAFETY AND SAFEGUARDING MEASURES REQUIRE THEIR USE E.G. SUPPORTING DISABILITY ATHLETES, A CHILD NEEDS A CHANGE OF CLOTHING ETC. IF YOU CHOOSE TO USE YOUR CHANGING AND SHOWER FACILITIES, YOU MUST FOLLOW GOVERNMENT ADVICE



BEFORE, DURING & AFTER ACTIVITY

FA GUIDANCE CONTINUED...

BEFORE ACTIVITY

- Everyone should self-assess for **Covid-19 symptoms** before every training session or match. If you are symptomatic or living in a household with possible or actual Covid-19 infection you must not participate or attend. You should stay home and follow the latest **Government guidance.**
- Clubs/facility providers should appoint a Covid-19 officer and conduct a thorough **risk** assessment before re-opening or re-starting competitive activity. They should also follow current 'NHS test and trace' protocols, such as keeping an attendance register.
- Personal hygiene measures should be carried out by everyone and hand sanitisers brought and used at the training/match venue.
- The sharing of kit and equipment should be avoided, but where equipment is shared, it must be cleaned before use by another person.
- Goal posts and corner poles should be wiped down before matches, after matches
 and at half time
- Follow Government guidance for travel, including minimising use of public transport.
- Active participants should arrive changed and ready to take part.
- Youth team coaches should re-acquaint themselves with all safeguarding policies and procedures.
- Meet-up times should be adjusted to avoid time spent congregating at a venue.
- Use of clubhouses, hospitality facilities, changing rooms and toilets must adhere to **Government guidance.**

Anyone who is deemed vulnerable in respect of Covid-19 is reminded to follow the Government's guidance, only returning to football when it's right for them to do so.

DURING TRAINING & MATCH PLAY

- Competitive training can take place for all participants, in an outdoor setting provided this takes place in groups of no more than 30 (including coaches).
- Competitive match play is permitted, with social distancing in place before and after the session, and in any breaks in play.
- The sharing of kit and equipment should be avoided and participants should bring their own drinks or refreshments, in named containers.
- When the ball goes out of play, it should not be retrieved by non-participants and should be retrieved using the feet rather than the hands where possible.
- Participants must not spit and should avoid shouting or raising their voices when facing each other, as detailed in The FA Covid-19 Code of Behaviour.
- Set plays: players are encouraged to avoid unnecessarily long set-up or close marking.
 Other modifications apply to specific situations, such as goal celebrations being discouraged. Read more in The FA's more detailed guidance here.
- Youth football coaches are encouraged to limit persistent close proximity of participants during match play and training.
- Observing rigorous hygiene standards, injuries can be treated. See full guidance here.
- Spectator groups should be limited to six people per group and spread out in line with wider Government guidance.
- Match fee payments should be cashless consider using The FA Matchday App.
- Small-sided football should include more regular hygiene breaks in activity and players discouraged from touching or tackling against boards.

AFTER ACTIVITY

- Hands should be washed at the earliest opportunity and personal equipment should be wiped down with a disinfectant.
- Unless absolutely necessary, participants should take their kit home and wash it themselves, or by family members. Postactivity showers should be taken at home.
- Everyone must continue to maintain social distancing including in any facilities where groups of people congregate (e.g. clubhouses).
- Everyone should leave following the traffic-flow system the club or facility provider has put place.
- Anyone who becomes infected after training/matches should report this to the NHS test and trace system.

DISCLAIME

This guidance is for general information only and does not constitute legal advice, nor it is a replacement for such, nor does it replace any Government or PHE advice; nor does it provide any specific commentary or advice on health-related issues. Affected organisations should therefore ensure that they seek independent advice from medical practitioners, or healthcare providers, prior to implementing any re-opening plan, as required. Independent legal advice

should be sought, as required and depending on your, or relevant circumstances. While efforts have been taken to ensure the accuracy of this information at the time of publication, the reader is reminded to check the Government website to obtain the most up-to-date information regarding social distancing and any other Government measures.



SAFEGUARDING

IMPORTANT: IF ANYONE SHOWS SYMPTOMS OF COVID-19 OR HAS BEEN IN CONTACT WITH SOMEONE DISPLAYING SYMPTOMS WITHIN THE LAST TWO WEEKS, THEN THEY SHOULD STAY AT HOME UNTIL AN NHS PRACTITIONER ADVISES THEM THAT THEY NO LONGER NEED TO REMAIN IN ISOLATION.

Affiliated clubs organising and/or hosting football activities have a legal duty to take reasonable care to avoid acts or omissions which are a reasonably foreseeable risk. A risk assessment is a systematic review of the tasks, jobs or processes involved when your club organises, facilitates and/or hosts football activities. The purpose is to identify the significant hazards, the risk of someone being harmed and deciding what further control measures you must take to reduce the risk to an acceptable level. Risk assessments should cover all risks, including those associated with the Covid-19 pandemic and how the club intends to ensure that its members and activities will operate within the Government guidance.



SAFEGUARDING CONTINUED....

DO NOT UNDERTAKE
AN ACTIVITY IF THE
CLUB HAS ANY
CONCERNS ABOUT THE
SAFETY OF CLUB
OFFICIALS AND/OR
PARTICIPANTS.

RISK ASSESSMENTS - FIVE KEY STEPS

- 1. Keep up to date with Government and FA guidance. Please ensure that they are followed at all times and communicate the guidelines to all individuals connected with your club. Please see the latest FA Guidance on Permitted Grassroots Activity During Covid-19.
- 2. Contact the club's insurance provider to ensure that your club is suitably covered to undertake activities in the current public health crisis.
- 3. Undertake regular risk assessments of the club's activities, ensuring that each one is named, signed and dated by those completing and approving it. Risk assessments are 'living documents' and should be updated and reviewed regularly and kept in active use to mitigate any new or changing risks. Undertake specific employee/volunteer risk assessments for anyone undertaking high-risk roles or tasks.
- 4. Adapt activities and update the club's policies in light of steps 1-3. Policies to be updated include: Health and Safety Policy; and Data Privacy Policy to cover the handling of data where clubs capture data about attendees at sessions to aid the NHS Test and Trace service
- 5. Ensure that everyone board/committee members, coaches, first aiders, volunteers, parents and players is aware of the club's Covid-19 protocols



SAFEGUARDING CONTINUED....

ALL CLUBS MUST
IDENTIFY A COVID-19
OFFICER WHO WILL BE
RESPONSIBLE FOR
DEVELOPING A COVID19 PLAN AND RISK
ASSESSMENT PRIOR TO
THE RESTART OF ANY
ACTIVITY.

RISK ASSESSMENTS

PLEASE ENSURE YOU FULLY READ AND UNDERSTAND THE GUIDANCE ON SAFEGUARDING AND RISK ASSESSMENTS

THE FULL FA GUIDANCE CAN DOWNLOADED FROM THE FA WEBSITE



AFFILIATION

CLUB AND TEAM
AFFILIATION
FOR THE 2020/21 SEASON
IS FREE!



AFFILIATION

PLEASE ENSURE YOUR CLUB IS AFFILIATED WITH THE COUNTY FA PRIOR TO ANY TRAINING SESSIONS OR MATCHES TAKING PLACE. THIS INCUDES TAKING OUT PERSONAL ACCIDENT INSURANCE WITH BLUEFIN FOR EACH TEAM AND PAYING YOUR PUBLIC LIABILITY INSURANCE VIA CAMBRIDGESHIRE FA.

If you require support with your affiliation, please email Info@CambridgeshireFA.com



INSURANCE

ENSURE YOU HAVE
CHECKED YOUR
INSURANCE POLICY AND
READ THE LASTEST
COVID-19 GUIDANCE
FROM BLUEFIN
INSURANCE

CLICK HERE

NATIONAL GAME INSURANCE SCHEME & COVID-19 RETURNING TO FOOTBALL

THE SCHEME PROVIDES TWO FORMS OF INSURANCE PROTECTION, PERSONAL ACCIDENT AND LEGAL LIABILITY. BOTH PRODUCTS OPERATE FROM 1 JULY TO 30 JUNE EACH CALENDAR YEAR. PROVIDED YOUR CLUB/TEAM ADHERE TO CURRENT GOVERNMENT/FA COVID-19 GUIDELINES, THESE POLICIES CAN CONTINUE TO PROVIDE PROTECTION DURING THIS CRISIS.





REFEREES

PLEASE ENSURE YOU
HAVE REGISTERED WITH
THE COUNTY FA PRIOR
TO OFFICIATING YOUR
FIRST MATCH

REGISTRATION FOR SEASON 2020-21 IS NOW OPEN!

THE CAMBRIDGESHIRE FOOTBALL ASSOCIATION IS DELIGHTED TO ANNOUNCE REFEREE REGISTRATION FOR SEASON 2020-21 IS NOW OPEN!

Even though as yet we are not sure on when the season will commence the cost of registration will be £20. If you require insurance and Referee Association Membership please email referees@cambridgeshirefa.com

The Directors of the Cambridgeshire Football Association would like to take this opportunity to thank you for your ongoing commitment to grassroots football within Cambridgeshire, it is down to your dedication that once again we saw the number of games covered increase last season. To recognise your dedication the Directors have agreed that any referee that was registered before 1st January 2020 and completes their registration before 30th September 2020 will receive **FREE**Registration for the 2021-22 season.

TO COMPLETE YOUR REGISTRATION, LOG IN TO WHOLE GAME SYSTEM NOW!



FIRST AID GUIDANCE

TO CONTACT FA EDUCATION:



EDUCATION@THEFA.COM

FIRST AID GUIDANCE

PLEASE READ THE FULL FA GUIDANCE. IT COVERS THE FOLLOWING AREAS:

- WHAT WE KNOW ABOUT COVID-19
- PERSONAL HYGIENE
- SOCIAL DISTANCING
- ENVIRONMENTAL HYGIENE
- SELF-CHECKS BEFORE ATTENDING A PLANNED TRAINING SESSION
- FIRST AID AND MEDICAL KITS
- IN THE EVENT OF A SUDDEN CARDIAC ARREST
- OTHER POTENTIAL INJURIES THAT OCCUR DURING FOOTBALL TRAINING PUBLIC HEALTH ENGLAND BEST PRACTICE
- WHAT TO DO IF SOMEONE DEVELOPS SYMPTOMS CONSISTENT WITH COVID-19 **DURING A TRAINING SESSION**



FIRST AID GUIDANCE

TO CONTACT FA EDUCATION:



EDUCATION@THEFA.COM

FIRST AID QUALIFICATIONS

FIRST AIDERS SHOULD ENSURE THEIR QUALIFICATIONS ARE IN DATE AND REFER TO THEIR RESPECTIVE EDUCATING BODY REGARDING EXTENSIONS DURING THE COVID-19 PANDEMIC. FOR FA QUALIFICATIONS EXTENSIONS TO LICENCES THAT HAVE/ARE ABOUT TO EXPIRE PLEASE CONTACT FA EDUCATION. AT THE PRESENT TIME, THE FA HAVE APPLIED AN EXTENSION TO ALL CURRENT FA FIRST AID QUALIFICATION EXPIRATION DATES TO 31 JULY 2020.



FIRST AID



MEDICAL SUPPLIES

FIRST AID AND MEDICAL KITS SHOULD REFLECT THE ADDITIONAL ITEMS THAT ENSURE SAFETY DURING THIS COVID-19 PANDEMIC INCLUDING USE OF PPE. CONSIDERATION SHOULD ALSO BE APPLIED TO WHAT ITEMS WILL BE CONSIDERED SINGLE USE EQUIPMENT. CONSIDERATION SHOULD ALSO BE GIVEN TO APPROPRIATE CLEANING PRODUCTS AND SYSTEMATIC CLEANING PROTOCOLS TO BE IMPLEMENTED AFTER EACH USE OF EQUIPMENT IN LINE WITH PHE STANDARDS



FIRST AID GUIDANCE

TO CONTACT FA EDUCATION:



EDUCATION@THEFA.COM

DEFINITION OF SITUATIONAL PERSONAL PROTECTIVE EQUIPMENT LEVEL REQUIREMENTS

FIRST AID GUIDANCE FOR RETURNING TO COMPETITIVE GRASSROOTS FOOTBALL (CONTINUED)

TABLE 2: DEFINITION OF SITUATIONAL PERSONAL PROTECTIVE EQUIPMENT LEVEL REQUIREMENTS

What are the hazards?	Gioves SINGLE USE*	Apron SINGLE USE*	Fluid-resistant long-armed gown/ coveralls SESSIONAL USE**	Fabric/cloth mask^ SESSIONAL USE**	Fluid-resistant Surgical Face mask Type IIR SESSIONAL USE**	Filtering Face Piece Respirator 3 (FFP3) mask^^ SESSIONAL USE REUSABLE***	
LEVEL 1 Where government-advised distancing may not be maintained at all times	x	x	×	x	1	x	x
LEVEL 2 Within 2m of player, which may include face to face contact for assessment and management of all individuals including those who are positive or symptomatic	1	1	×	X	√	X	1
LEVEL 3/AGP Aerosol-generating procedure (AGP or high potential for aerosol)	1	×	1	X	×	✓	1

^{^ 3} layers: 1st water absorbent cotton | 2nd filter layer | 3rd is water resistant**

FIRST AID GUIDANCE FOR RETURNING TO OUTDOORS COMPETITIVE GRASSROOTS FOOTBALL I page 8

^{^^} Please be aware WHO16 does recommend FFP2 mask as an alternative in FFP3. However FFP3 is included in this framework as this is in line with PHE

^{*}Single use: Equipment that must be changed after each contact

^{**} Sessional use: Worn for a period of time when undertaking duties in a specific clinical care setting/exposure environment; a session ends when the responder leaves this defined remit; however, it should be disposed of if it becomes moist, damaged or visibly soiled;

^{***} Reuseable equipment appropriately decontaminated to PHE standards that can be reused¹³



VOLUNTEER SUPPORT

TO CONTACT FA EDUCATION:



EDUCATION@THEFA.COM

THE FA PLAYMAKER



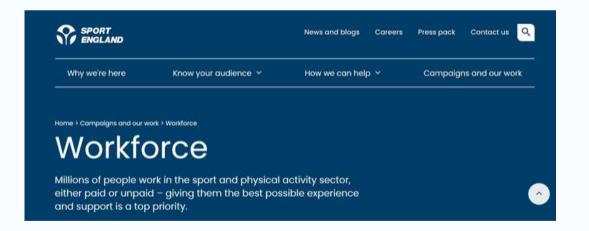


VOLUNTEER SUPPORT

VOLUNTEERS HAVE A
VITAL ROLE TO PLAY IN
HELPING TO ENSURE THE
SAFE RETURN FOR MANY
SPORTS AND ACTIVITIES
AS CORONAVIRUS
(COVID-19) RESTRICTIONS
ARE EASED.

SPORT ENGLAND

- HOW THIS GUIDANCE CAN HELP YOU
- PLANNING AND PREPARING FOR A SAFE RETURN
- WHAT YOU NEED TO SUPPORT YOUR ACTIVITIES
- KEEPING VOLUNTEERS SAFE
- COMMUNICATING WITH YOUR VOLUNTEERS
- TRAINING AND INDUCTION
- TOOLS AND RESOURCES





FACILITY GUIDANCE

PLEASE REMEMBER THAT IN LINE WITH THE EQUALITY ACT, 2010, YOU ARE RESPONSIBLE FOR ENSURING THAT YOUR FACILITIES ARE ACCESSIBLE AND FOR CONSIDERING ANY REASONABLE ADJUSTMENTS IN LINE WITH THIS.

CLICK HERE

FACILITIES

PLEASE READ THE FULL FA GUIDANCE. IT COVERS THE FOLLOWING AREAS:

- PROMOTING GOOD HYGIENE
- AVOIDING CONGESTION
- KEEPING YOUR CLUBHOUSE AND EQUIPMENT CLEAN
- ENVIRONMENTAL HYGIENE
- MAINTAINING SOCIAL DISTANCING AND AVOIDING CONGESTION
- RE-OPENING BARS AND CATERING
- CHANGING ROOMS
- COMMUNICATING CLEARLY AND REGULARLY
- INSPECTING THE EXISTING CONDITION OF YOUR FACILITY
- MAINTAINING THE WELLBEING AND SAFETY OF WORKERS AND CUSTOMERS
- MANAGEMENT AND SUPERVISION OF USERS
- SUPPORTING NHS TEST AND TRACE
- TEST AND LEARN
- TAKING BOOKINGS AND PAYMENTS
- ADMINISTERING FIRST AID
- ENSURING YOU HAVE THE CORRECT PERMISSIONS TO RE-OPEN
- SUPPORTER, PARENTS AND SPECTATORS



FACILITY GUIDANCE CONT...

ALWAYS FOLLOW THE LATEST GOVERNMENT GUIDANCE

FACILITIES

- ALWAYS FOLLOW THE LATEST GOVERNMENT GUIDANCE;
- FOLLOW ANY FOOTBALL-SPECIFIC PROTOCOLS, WHICH SHOULD BE IN LINE WITH GOVERNMENT GUIDANCE:
- WITH GOVERNMENT GUIDANCE;
 COMPLETE A THOROUGH AND UPDATED RISK ASSESSMENT;
 CHECK YOUR INSURANCE COVER;
- IF IN DOUBT, OR YOU'RE NOT COMFORTABLE RE-OPENING, DON'T.



GET SOCIAL WITH US...



01223 209020



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@CAMBSFA



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