



COVID 19 – Guidance for Parents, Guardians and Carers on the restarting of football activities at Ruislip Rangers

FINAL VERSION

Important: If you, your child or any other member of your household are showing symptoms of the virus or have been in contact with someone displaying symptoms within the last two weeks, then you should stay at home until an NHS practitioner advises you that you no longer need to remain in isolation.

INTRODUCTION

The return to football at Ruislip Rangers is being done with everyone's safety in mind. Everyone including you and your child will need to play their part in ensuring this is done safely.

The Club have undertaken a comprehensive Risk Assessment which has been approved by Hillingdon Council. So be assured that Ruislip Rangers training sessions comply with The FA's and the Government's guidance.

This document sets out the measures being taken by the Club to provide a safe environment. If you have concerns or are not comfortable with the arrangements that have been made, then you should not attend the training session. This will in no way be held against your child or yourself.

Be aware also that it is for every club official, manager and coach to make their own decision as to when they feel ready to continue with their role in football and go back to training. It is important to remember that they are all volunteers.

VULNERABLE GROUPS

- Anyone who is deemed vulnerable in respect of Covid-19 is reminded to follow the Government's guidance, only returning to football when it is right for them to do so.
- A recent Public Health England (PHE) report published has highlighted a greater risk from Covid-19 to people from BAME communities. As the current impact of Covid-19 on members of these communities is not yet fully understood, there may be increased concerns and levels of anxiety from within these communities.

NEW ARRANGEMENTS AND RESTRICTIONS

Once you have read this guide, please explain how things are going to be different to your child. Please also support the club officials, managers and coaches at Ruislip Rangers who are implementing these measures in order to provide a safe return of youth football in accordance with Government guidelines.

Main changes

- The fitness and football activities will take place in groups of no more than 6, including the coach.
- The sessions for each group of 6 will take place in marked-up training areas of 10 metres by 20 metres.
- The training sessions will be designed so that all participants are kept two metres apart at all times.
- Because physical contact with anyone outside a household is not permitted, games will not take place during the sessions.

We have made adaptations to King's College Playing Fields to accommodate these new requirements.



- There are now 36 marked out training areas. Teams will be allocated to designated training areas by the Club.
- Walkways between the training areas have been marked out with arrows on the ground indicating the route you must take to get to and to leave the training areas.
- There are now designated entrances and exits to the playing fields. There is a sanitising station at the entrance and exit of the two playing fields that are in use.

- Teams will be allocated to designated training areas by the Club. The number of training areas that will be allocated to each team will depend on the number of players they have who wish to train.
- A coach will be required for each group of 5 players.
- Adjacent to each training grid is an area for you to use in order to observe the training session.
- Attendance requirements
 - No more than one parent/guardian/carer per child can attend training sessions.
 - *Age groups up to and including Under 11s.*
 - A parent/guardian/carer must attend for each child.
 - That person must stay for the full duration of the session and must observe the session in a socially-distanced way from the designated area.
 - *Age groups Under 12s and above.*
 - Attendance by a parent/guardian/carer for a child is up to the manager's discretion.
 - When you are required to attend, you must stay for the full duration of the session and observe the session in a socially-distanced way from the designated area.
 - Note – the Club needs to be made aware of the occasions where it is agreed that a parent/guardian/carer will not attend a training session. So, in all instances, you will need to send an email to the team manager and to the Club (covid19@ruisliprangersyfc.org.uk) no later than an hour before the start time of the training session with the following details – the date of the training session, the child's name, the team name and the team manager's name.
- Each training session slot will be 90 minutes – this includes 15-minute periods for the coaching team to set-up and to pack-away.

THE KEY SPORTS HYGIENE MESSAGES

Sports hygiene has never been more important. Good practices in this area will play an important role in reducing the spread of the virus so please ensure these six messages are taken on board.

Message 1: Maintain social distancing

Maintain social distancing



Stay at least **2 metres** from another person who is not part of your household while exercising.



Exercising or playing sport is only allowed in **groups of up to six** and it must take place outside.



Go home straight away if you **feel unwell**.

Message 2: Ensure clean hands and avoid touching your face

Ensure clean hands and avoid touching your face



Wash your hands for at least 20 seconds and **shower at home** before and after taking part in physical activity.



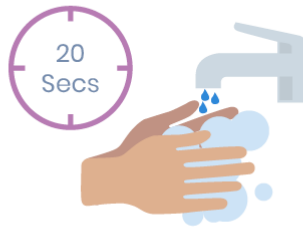
Avoid touching your face.

Message 3: Cover coughs and sneezes

Cover
coughs
and
sneezes



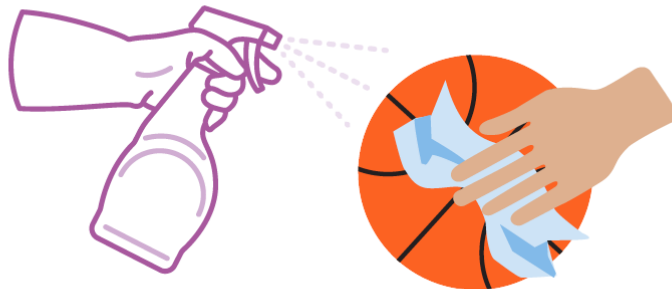
Cover your mouth
and nose with a
tissue or bent elbow
when coughing or
sneezing.



Bin the tissue and
wash your hands
for 20 seconds or
with hand sanitiser.

Message 4: Ensure clean surfaces and equipment

Ensure
clean
surfaces
and
equipment



Make sure equipment is **washed**
thoroughly after each use with
the appropriate products such
as disinfectant wipes.

Message 5: Avoid sharing equipment

Avoid sharing equipment



Don't touch other people's personal items such as towels, water bottles, or mobile phones. This includes personal sports equipment such as tennis rackets.



While groups can practice ball skills like passing and kicking, **equipment sharing should be kept to a minimum** and you should wash your hands before and after.

Message 6: Clean and cover wounds

Clean and cover wounds



Any **cuts or abrasions** should be **cleaned and covered** at the earliest opportunity to prevent infection.

FIRST STEPS

Does your child want to return to football at this time?

The first thing to say is that your child need not feel any pressure to return to football if they don't want to. Just because their team mates may be returning, they shouldn't feel that they have to as well. Think about this issue as a family and make a decision you all feel comfortable with.

In summary, only let them return:

- when they feel happy and confident to do so; and
- if you feel the activity is safe and right for them right now.

If your child is to return, you will need to give your consent in writing to Ruislip Rangers for them to do so. The consent form is on page 10 of this guide.

Getting your child ready to return

- Because young children are more likely to struggle to maintain social distancing, please continue to do your best to help your child understand what two metres looks like.
- Explain to your child how things will be different and ensure they understand the importance of the good sports hygiene practices before, during and as they leave all training sessions that they attend.

Additional disability or medical needs

If your child has other needs that may need to be catered for, please ensure you discuss this specifically with the club and/or your team's manager before your child returns. You can then agree how/if these needs can be met within current Government Covid-19 guidance.

BEFORE TRAINING SESSIONS

- No changing rooms will be available so your child must arrive changed and ready to exercise.
- Additionally, your child needs to bring the following items to each training session:
 - a water bottle; and
 - hand sanitiser (alcohol-based).
- Their name must be clearly marked on the water bottle and the hand sanitiser. They must not share their items with anyone else.

Self-checks

The purpose of a self-check is to identify if a person has:

- had a high temperature (above 37.8C)
- has developed a new continuous cough
- has shortness of breath or a sore throat
- loss of or change in normal sense of taste or smell
- is feeling unwell

The self-check form is at page 11 of this guide.

Conduct the self-check by thinking if any of the above apply for your child and completing the self-check form accordingly. You should ideally do this before leaving for the training session.

- If any of these symptoms do apply, the child will not be able to participate and you should let the manager of the team know that you won't be attending and why. They should stay at

home and follow NHS advice. In this instance, reassure your child that there will be other opportunities for them to participate in the future.

- If all of the symptoms do not apply, complete for form accordingly and hand it to the manager before the start of the session and before the child enters the training area.

If the self-check is done upon arrival at the training session, it should be conducted before the child mixes with other children. This is so that, if they have symptoms, there is no chance of others being affected. If any of these symptoms do apply, as mentioned above, the child will not be able to participate and they should return to and stay at home and follow NHS advice.

In all cases, the self-check form should be handed to the team's manager. Unless you do this, your child will not be able to take part in the training session.

TRAVELLING TO AND ARRIVING AT TRAINING SESSIONS

- You or members of your own household must travel to the training session with your child. If you travel by car, do not car share with anyone outside your household. You should consider all other forms of transport before using public transport. If you can, consider walking or other socially-distant methods such as cycling.
- Please arrive during the 15-minute window you are given as the arrival time for your child's training session.
- The car parks at King's College Playing Fields will be for the use of managers and coaches only. If you travel by car, please park on the adjoining roads.
- You should enter the playing fields via the car park entrances and not via the gates on King's College Road and Park Avenue. The entrance and the exit to the fields will be clearly marked with signage. If there is a queue to enter the playing fields, please make sure you maintain social distancing as you wait to enter.
- There will be a sanitising station as you enter and as you leave the playing fields. Please use these on entry and exit from the fields.
- You must always follow the one-way system to get to your child's designated training area.

DURING TRAINING SESSIONS

- Give you child a final reminder of the 6 sports hygiene good practices:
 - Maintain social distancing
 - Ensure clean hands and avoid touching your face
 - Cover coughs and sneezes
 - Ensure clean surfaces and equipment
 - Avoid sharing equipment
 - Clean and cover wounds
- Your child should put their belongings in the safe area adjacent to their training grid and away from the belongings of the other children.
- Access to a toilet may be possible but try to use one at home. Toilet facilities may be available at the hockey club and at King's Café but this cannot be guaranteed. Please note that these facilities are owned and operated by other organisations and the Club has no influence or responsibility for their Covid-19 and hygiene procedures. They are not part of or operated by Ruislip Rangers in any way.
- Adjacent to each training grid is an area for you to use in order to observe the training session.

- The focus of training sessions will be on kicking the ball. Touching of the ball with hands will be limited. If you have young children, please help them to understand this before they attend any sessions.
- For goalkeepers, it might be sensible for players to have their own individual ball for the session, with the frequent wiping of the ball with disinfectant wipes if it is being handled by more than one person.
- If your child gets injured, you must first help them but other people will still need to socially distance unless a life or limb-threatening injury necessitates breaking guidelines to provide emergency care. If there is a first aider or other medical personnel present, they should be equipped with the appropriate PPE to protect themselves and others if they need to break social distancing guidelines to provide medical assistance. It is recommended that managers/coaches/first aiders work with parents/guardians/carers to provide any required aid whilst also considering social distancing requirements.
- If your child becomes symptomatic during the session, they should be immediately removed from the session and taken home as soon as possible. NHS guidance on further management of symptoms should be followed.

AFTER TRAINING SESSIONS

- All participants should sanitise their hands and wash their hands at the earliest opportunity.
- Personal equipment should be wiped down with a disinfectant.
- Please leave the venue as soon as the session is over.

SAFEGUARDING

Ruislip Rangers still has a responsibility to implement The FA's safeguarding requirements. Anyone involved in activity directly with children (anyone aged under 18), must have an in-date DBS Check and is responsible for ensuring the environment is safe.

Be aware that children (anyone under 18) should not be working 1:1 with a coach, unless another adult with an in date DBS Check or their parent/carer is present and observing social distancing.

MORE INFORMATION

We have a special Covid-19 section on our website - www.ruisliprangersyfc.org.uk/covid-19. We will also publish Covid-19 information on our social media platforms which are:

- www.facebook.com/ruisliprangersyfc and
- www.twitter.com/RRYFC

If you have any questions about the Club's COVID-19 arrangements, you can email us at covid19@ruisliprangersyfc.org.uk.

DISCLAIMER: This guidance is for general information only and does not constitute legal advice or replace any Government or PHE advice; nor does it provide any specific commentary or advice on health-related issues. 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.



RETURN TO FOOTBALL: PARENTAL CONSENT FORM

Child's name:

As a parent/guardian/carer of the above-named child, I hereby give my consent for them to attend training sessions with Ruislip Rangers. I am aware of the FA guidelines and the safety measures the Club have put in place as set out in the "Guidance for Parents, Guardians and Carers on the restarting of football activities at Ruislip Rangers" document and I agree to abide by them. I understand that by attending Ruislip Rangers training sessions I am assuming the risk of exposure to COVID19 or other public health risks.

Name of Parent/Guardian/Carer:

Signed: (Parent/Guardian/Carer)

Date:

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COVID-19 SELF-CHECK FORM

Please complete this form before every Ruislip Rangers training session and hand it to the manager or coach.

Child's name:

Has your child had a high temperature (above 37.8C)?

Yes No

Has your child developed a new continuous cough?

Yes No

Has your child had shortness of breath or a sore throat?

Yes No

Has your child had a loss of or change in normal sense of taste or smell?

Yes No

Has your child been feeling unwell?

Yes No

As a parent/guardian/carer of the above-named child, I hereby give my consent for them to attend training sessions with Ruislip Rangers. I am aware of the FA guidelines and the safety measures the Club have put in place as set out in the "Guidance for Parents, Guardians and Carers on the restarting of football activities at Ruislip Rangers" document and I agree to abide by them. I understand that by attending Ruislip Rangers training sessions I am assuming the risk of exposure to COVID19 or other public health risks.

Name of Parent/Guardian/Carer:

Signed: (Parent/Guardian/Carer)

Date: