

GREENBANK COVID-19 RULES and GUIDENCE - Matches (last updated August 21st 2020)

All games must take place outside

The following guidelines have been produced by The FA, Greenbank FC and One NK to support the return of grassroots football at OneNK. A resumption of play is only achievable if everyone involved creates and maintains a controlled environment that minimises the risk of infection. Risk in sport cannot be completely eradicated but with caution and care, these risks can be reduced. Please read the following Code of Behaviour and Guidelines carefully.

Travelling to games: Where possible only travel together with people in your support bubble. If you do have to travel with people outside of your bubble, try to:

- Share transport with the same people each time
- Keep to small groups of people at any one time
- Open windows for ventilation
- Face away from each other
- Clean the car between journeys using standard cleaning products (include door handles and other areas that people may touch)
- Require regular hand sanitisation by passengers

First aid

It is acknowledged that in a sporting environment donning appropriate PPE can be practically challenging. Delivering first aid is likely to include compromising government guidelines for social distancing. If a player gets injured, a member of their household can aid them if requested by the referee and team manager, but others will still need to follow social distancing guidelines (unless a life or limb-threatening injury necessitates compromising guidelines to provide emergency care until the ambulance arrives).

First aiders must clean hands thoroughly before and after putting on and taking off PPE. In all circumstances where some form of PPE is used, the safe removal, discarding and disposal of the PPE is critical.

Food, drinks, raffles/scratch cards

Due to the current COVID-19 situation and the high risk of contamination - no teams will be permitted to sell or distribute any food or drinks or to sell raffle tickets and scratch cards at the side of the pitch during games. We appreciate that this will have a financial effect on teams raising money for referees and match officials, but we are sure you will appreciate the need to safeguard everyone. We hope this will be a temporary restriction.

You may be able to run a football card, where cash is dropped in a bucket and only one person touches the card or running a ticketless raffle.

When coaching, playing or attending games (including ALL friendlies)

NO ACCESS IS PERMITTED IN TO THE CENTRE RECEPTION UNLESS YOU HAVE PRE-REGISTERED FOR A SWIMMING OR GYM SESSION

THE CAFÉ IS CLOSED INSIDE AND TOILETS ARE OUT OF BOUNDS. USE THE TOILETS WHICH ARE ACCESSABLE FROM THE FIELD ONLY AND ON THE PITCH PLAN.

Managers must:	Players must:	Parents / carers must:
<p>Be fully aware of all safeguarding policy and procedures and have all supplied PPE and sanitising equipment at the side of the pitch:</p> <p>PPE - Mask, Gloves, Apron and Face shield</p> <p>Sanatising – Hand gel, Disinfectant spray</p>	<p>Not attend games if displaying any Covid-19 symptoms.</p> <p>Parents will need to read the screening document and only sign in when a parent confirms they've none of these symptoms at the start of every match.</p>	<p>Not attend games if displaying any Covid-19 symptoms</p>
<p>Ensure written consent has been given by parents / carers prior to them participating in contact football.</p> <p>This only needs doing once, unless guidance changes, and you should have done this for training.</p> <p>(copies must be retained and renewed annually).</p>	<p>Have written consent from parent/carer</p>	<p>Give written consent for their child / children to return to contact training and matches.</p>
<p>Ensure parents read the Covid-19 screening document before registering for the match and record this on the register provided.</p> <p>Any person with symptoms of Covid 19 must not attend or take part in any part of the game.</p>	<p>All players MUST bring hand sanitiser to matches in a named bottle.</p>	<p>Sign players in at matches each week after reading the screening document.</p> <p>If the player or anyone in the household has any of the symptoms please don't bring them to matches.</p>
<p>Mark out an area for each player to leave their own drink, jackets, kit and hand sanitiser 2m apart.</p> <p>This could be one cone / spot with their name on it.</p>	<p>Sanitise hands before and after matches as well as when coming off as sub and half time.</p> <p>You should also sanitise hands after touching any equipment.</p>	<p>Sanitise hands prior to entering the field, after contact with another person or touching any equipment and when leaving the field.</p>

Managers must:	Players must:	Parents / carers must:
<p>Put up the pitch side crowd barrier on the side stipulated on the pitch plan. This would ideally be 3m from the touch line for parents / spectators to stand behind during the game.</p> <p>Home and away spectators should be separate</p>	<p>Maintain social distancing before, after and during any breaks in the game, as well as when walking around to the pitch.</p>	<p>Maintain social distancing throughout your time on the field and when walking around to the field.</p> <p>You may be asked to leave if you don't observe this whilst at One NK by a team manager, committee member of One NK member of staff.</p>
<p>Wipe down and clean ball(s), corner flags and goal posts before the match, at half time and after the match.</p>	<p>Avoid shouting when in a face to face situation</p>	<p>Stay in the assigned spectator area, which your team manger must make clear by using a pitch barrier.</p> <p>Siblings CANNOT run around the field they must stay in the designated area.</p>
<p>Goalkeepers must NOT share gloves and players should NOT use the same shirt during a match.</p>	<p>Arrive at the time your manager requests and no earlier than 10 minutes before this.</p>	<p>Not retrieve the ball if it goes out of play, leave this for a player to do.</p>
<p>Ensure players and coaches sanitise hands at the following times:</p> <ul style="list-style-type: none"> - before matches start - after they've touched any equipment - coming off as substitute - half time - at the end of the match 	<p>Remember - If you need to cough or sneeze - use a tissue or upper sleeve and avoid touching your face.</p>	<p>Avoid shouting on the sidelines. Applause is very welcome.</p>
<p>Ensure social distancing is observed during warm-ups, afterwards and during breaks in the game.</p>	<p>DO NOT share kit, equipment, hand sanitiser, water bottles or any necessary medication (e.g. inhaler) with any other player and keep it in your designated area</p>	<p>Bring participants fully dressed and prepared for the match, including a drink and bottle of hand sanitiser.</p>
<p>Team talks must be done at a 2m social distance between players.</p> <p>No team huddles are permitted</p>	<p>Follow social distancing guidelines for goal celebrations</p>	<p>Take all rubbish away and dispose of safely</p>

Managers must:	Players must:	Parents / carers must:
Avoid shouting or raising voice if in a face to face situation or when near players.	Don't touch equipment or goalposts unnecessarily during matches.	Follow signage when entering and exiting the venue to ensure you go directly to your pitch and spectator area.
Follow signage for entering and exiting the venue.	Take all rubbish away from OneNK and dispose of safely.	Challenge the manager if they feel these guidelines aren't being followed and report to committee@greenbankfc.co.uk if required.
Use goalposts and pitch assigned to your team and return goals to the same place after the session before cleaning goals and locks.	Follow signage when entering and exiting the venue.	DO NOT TRY TO ACCESS THE CENTRE VIA RECEPTION – NO GREENBANK ACCESS IS PERMITTED.
In set plays - avoid long set up or close marking	Let the coach know straight away if you're feeling unwell.	
Ensure goal celebrations follow social distancing guidelines	No spitting, splashing water on others or swilling out your mouth.	
Ensure all interactions with referees and match assistants follow social distancing	Challenge the manager and parents if they feel these guidelines aren't being followed and report to committee@greenbankfc.co.uk if required.	
Ensure that all coaching staff and substitutes always follow social distancing guidelines.	DO NOT TRY TO ACCESS THE CENTRE VIA RECEPTION – NO GREENBANK ACCESS IS PERMITTED.	
Put the completed match register in the letter box after a home game. Keep the register for 21 days after an away game.		
FIRST AID – Wear the following PPE when attending to an injury and remember to ask for NK staff to support:		

Managers must:	Players must:	Parents / carers must:
<p>Cloth facemask – where 2m distance may be compromised shortly.</p> <p>Water-resistant face mask (WRFM) – where 2m distance cannot be maintained.</p> <p>WRFM and disposable gloves and apron – when within 2m of player, face to face contact for assessment and supporting the player.</p> <p>Eye protection, WRFM and disposable gloves and apron - where it is determined there is a risk of splashing (e.g. sneezing, vomiting, etc).</p> <p>CPR – If performing CPR use the face shield provided and ask the leisure centre to support.</p> <p>Dispose of used PPE securely after use. Ask their parents / carer to help if required and permission given by yourself and referee.</p> <p>Any bodily fluids (vomit, sick, spit) should be cleaned away and the area sanitised. This may mean the pitch needs to be changed if cleaning isn't possible or may cause the game to be abandoned if no other pitch is available.</p>		

The committee take these rules very seriously and will be completing spot checks. Not following these rules will result in a suspension for the coach, player, parent or team from undertaking training and matches.

Greenbank FC, One NK staff and all their volunteers reserve the right to ask you to leave OneNK, if you're unable to abide to these club rules.