

# Hersham FC – Covid-19 guidelines & the return to football

- **From August** – Competitive matches to begin, for example, pre-season fixtures,
- **From September** – Grassroots leagues, Men's, Youth & Women's Football can commence.  
Players, coaches, match officials, league officials, volunteers, parents/carers, spectators should read The FA's full guidelines, which are published on the clubs website [www.hershamfc.com](http://www.hershamfc.com)  
In addition to the [latest Government guidance on COVID-19](#).

**A summary of key points 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;
  - The Club facility at Desborough Island is compliant with current Government legislation and guidance related to COVID-19;
  - Please observe the IN/OUT barrier when entering the ground – Keep to the left
  - **Competitive training is now permitted, with groups limited to a maximum of 30 people, including coaches, parents & carers.**
  - Competitive match play is permitted, with social distancing in place before and after the match, and in any breaks in play;
  - Players and officials should sanitise hands before and after a game as well as scheduled breaks throughout a game or training session, there is a Sanitiser station at the club, this needs to be put out at the entrance to the field for use by the first Manager to arrive at the ground (it is stored in the refreshment hut)
  - 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, **we have Sanitising spray available in the refreshment hut.**
  - Players, coaches and officials should arrive changed and shower at home. Use of changing and shower facilities are NOT permitted at the club, the changing rooms will remain closed until further notice.
  - **The Club is required to keep a record of attendees at a match or training session, including contact details, to support NHS Test and Trace, please use the record sheet located in the refreshment hut for ALL training & match sessions at the ground.**
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- As required by The FA, a nominated Covid-19 officer is required for managing the requirements set out above – Dave Bradford 07860 578709 [db@hershamfc.com](mailto:db@hershamfc.com)

1<sup>st</sup> August 2020

