

Covid 19 Safety and Guidance Policy for Orpington Rovers FC

Reviewed 2nd December 2020

This Policy is written in conjunction with current Government Guidance and FA guidelines. Its is not intended to replace that guidance but is there to provide reassurance to our members and other Clubs/Venues, that we are providing as safe an environment as possible.

This policy should be read by all managers, coaches, team Covid reps and parents/carers at ORFC.

This policy will be continuously reviewed and revised, as necessary.

The Covid Officer for Orpington Rovers FC are Gill Bussy and Paul Barnard, The Club Chairman. His contact details are paulbarnard@orpingtonrovers.com and 07734577750. In his absence please contact the Club Secretary on ross.crawfordorfc@gmail.com and 07391589058.

Each team has appointed a Covid Rep.

This policy contains;

- 1) ORFC Covid 19 Guidance for training
- 2) Matchday guidance for home and away fixtures including Track and Trace
- 3) FA guidance in way of an infographic
- 4) Managers Guidance
- 5) Parents/carers guidance
- 6) You Tube video from the FA on Covid 19
- 7) Miscellaneous

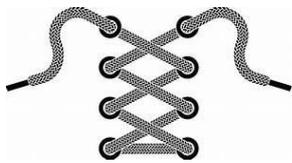
1) ORFC COVID-19 Guide to training

Your child will need to bring their own hand sanitiser clearly marked with their name



All players will need to bring their own water bottle (ideally marked with their name)

Ensure your child washes their hands thoroughly before leaving home



If your child requires assistance with tying of shoelaces, then they will be asked to return to their parent/guardian for assistance.

Coaches are unable to assist due to social distancing.

Before attending the ground and upon arrival

Please ensure you supply your details to the Team Covid 19 rep.

You or your child should not attend the ground or training if;

- You have travelled to another country on the UK Governments list and should be self isolating, check here if you are unsure (<https://www.gov.uk/guidance/coronavirus-covid-19-countries-and-territories-exempt-from-advice-against-all-but-essential-international-travel>)
- You or a member of your household is suffering from any Covi19 symptoms which could include either or a raised temperature, a continuous dry cough, shortness of breath or loss of taste/smell
- You or a member of your household has within the last 14 days been contacted by NHS Track and Trace and told to self-isolate



Cones/markers will be laid out by each HOME team to ensure both sets of supporters adhere with social distancing

Ensure your child to leave their personal possessions safely away from others.

'Lino' flags



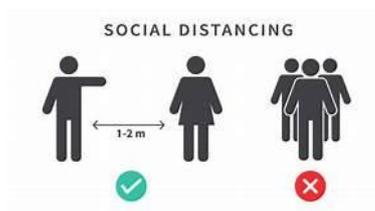
The away team should supply their own line flag.

We recommend when you supply a flag for the home 'lino', you also supply a set of latex gloves to the person. The handle of the flag should also be cleaned after use.

Clubhouse



Please note the Clubhouse will have a one way system imposed within it, with only the toilet facilities open. Social distancing measures will be in place and only one person or a household pair allowed into male/female toilets at any one time.



Parents – please maintain social distancing guidelines

During training

All players to maintain social distancing requirements during training sessions



First aid



The designated First Aider will wear disposable gloves and face covering if treatment is required, or the player will be treated by their own parent / guardian at a designated area.

2) NHS Track and Trace - Matchday and Training venue guidance

NHS Track and Trace

It is our responsibility to ensure that team by team we record accurately who is at training or matches – this includes players and spectators. A name and a phone number are sufficient. We are not responsible for collecting information of away spectators but we should remind them that we have a Covid 19 policy in place that will entail NHS Track and Trace contacting our Covid Officer – The Club Chairman – should an issue arise. From there he will provide details of who attended from ORFC and opposition team names and Managers details. It is NOT our job to contact the opposition or those from ORFC who attended the matches – that is the responsibility of NHS Track and Trace.

It is likely we will be asked for participant details in advance of away matches. Is this is an easy process then please do provide that information to the opposition using the document they may provide is not feel free to use the one we have supplied (see below)– the required information is name and a contact phone number so NHS Track and Trace can work effectively.

We have created a Google Doc to assist the Covid 19 team rep capture this information. This information will need to be retained for 21 days and then deleted. Each Club will likely have policies in place for their own ground, which may limit numbers who can be present with players.

Policies at the Harris Academy will also need to be adhered to for those teams training there – should you require any further information on this please do contact me. In short, for every training session and at matches, you should have with you, as well as your standard your first aid kit, a Covid 19 pack which will include; Latex gloves, face masks, anti-viral spray and cleaning wipes.

A review of Guidance issued on December 1st 2020 notes that travel between Covid 19 tiered areas is permitted for Under 18's player and spectators of grassroots football but not for adult football. Our Covid reps have ben briefed.

Orpington Rovers Teams Attendance Form – matches and training
https://docs.google.com/forms/d/e/1FAIpQLSfOqU4DJ4TZKpfEcA1PLAX24eiTXDdt2l-rJ9HI8YiksHTkg/viewform?usp=sf_link



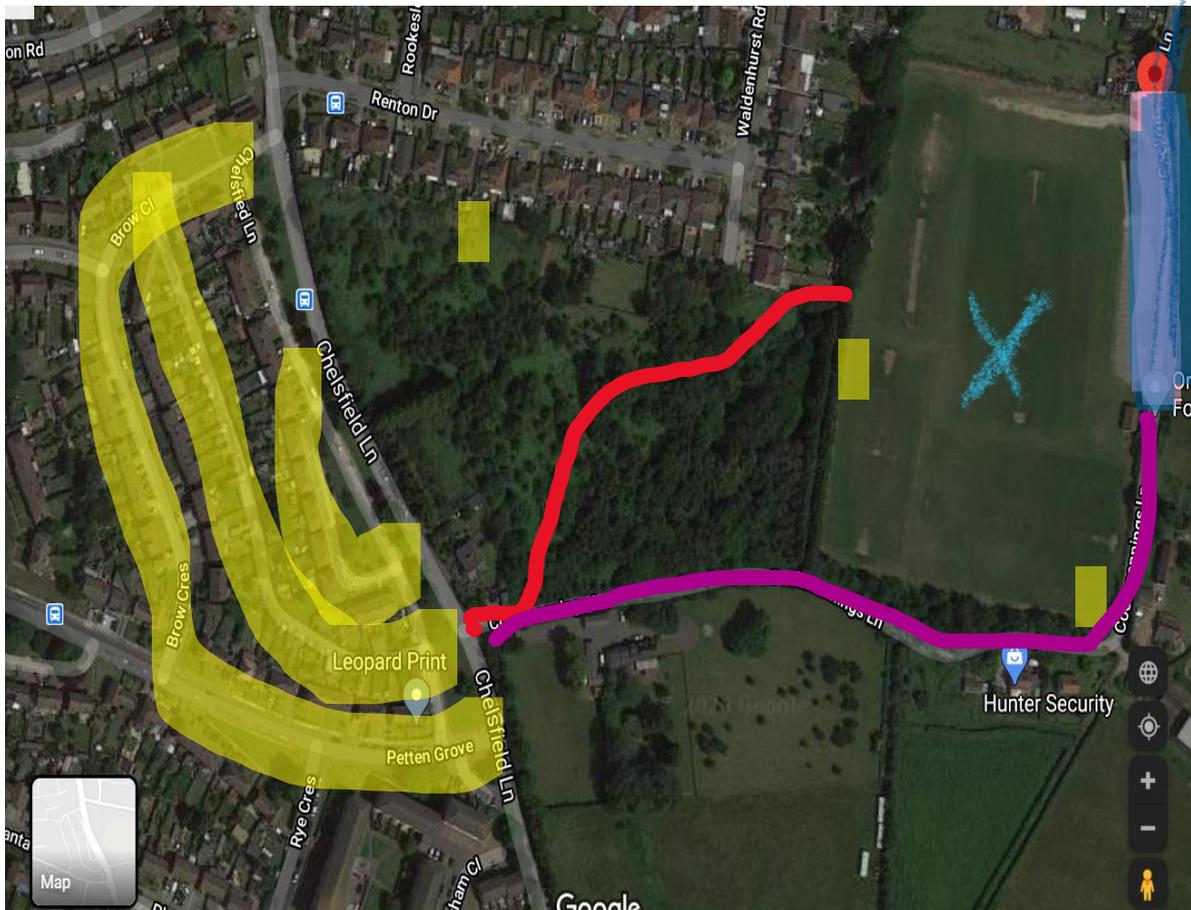

Parking, routes to and attendance at ORFC home ground

**Please be advised that for all parties we are asking for one spectator per player until further notice.*

We would kindly ask that all players attending the ground are limited to one spectator. This is for home and away supporters.

We anticipate more cars than normal due to Government social distancing guidelines prohibiting households and therefore teammates from sharing cars.

You can park on surrounding streets and walk to the ground, a small map with a colour coded key, is displayed below.



Key

Blue X – Orpington Rovers FC home ground at Cockmannings Lane

Yellow are roads you can also park in, but please do so considerately and with respect for residents.

Red is a public right of way into the ground that brings you to the pitches (4-minute walk). Please note the first 30 metres is on Cockmannings Lane so please display caution. You then turn left into a public off road footpath.

Purple is a car route into the ground, but please remember we may have more cars than usual due to Covid 19 restrictions

Blue is the car route out of the ground – **DO NOT TURN RIGHT OUT OF THE GROUND** as this causes congestion, you will be held up by incoming players/spectators and the hold ups can upset our neighbours. **PLEASE TURN LEFT** .

Please be considerate and polite, this is a very narrow lane and your co-operation is appreciated.

3) FA Infographics August 2020 and December 2020 – before, during and after football activity

RE-STARTING OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL – SUMMARY

COVID-19 GUIDANCE



FOR CLUBS, PLAYERS, COACHES, CLUB OFFICIALS, CLUB WELFARE OFFICERS, MATCH OFFICIALS, LEAGUE OFFICIALS, VOLUNTEERS, PARENTS/CARERS SPECTATORS AND FOOTBALL FACILITY PROVIDERS – Published: 18 July 2020

This document outlines actions to be taken before, during and after all competitive grassroots football activity in England. It should be read in conjunction with the latest UK Government Covid-19 guidance available [here](#) and the more detailed guidance document produced by The FA, available [here](#).
In outdoor competitive training and matches, physical contact is now allowed, but for all other activity (e.g. warm-ups/cool-downs) the Government guidance on social distancing should be observed, read [here](#).
Should Government guidance change in response to the current Covid-19 Alert Level, The FA guidance will be updated accordingly.

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 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. Post-activity 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**.

DISCLAIMER: This guidance is for general information only and does not constitute legal advice, nor is it 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.

THANK YOU! NOW LET'S GET OUR GREAT GAME GOING AGAIN – SAFELY.

December 1st Guidance is below.

UPDATED GUIDANCE FOR GRASSROOTS FOOTBALL IN THE THREE COVID-19 TIERS: A SUMMARY



EVERY PARTICIPANT MUST FOLLOW ALL FA AND GOVERNMENT ADVICE. THIS IS CRUCIAL TO ENSURE THE SAFETY OF EVERYONE INVOLVED IN THE GAME, AND SO WE CAN CONTINUE TO PLAY. ANY INCIDENTS OF NON-COMPLIANCE WILL BE REPORTED TO THE RELEVANT COUNTY FA FOR ACTION.

FOR CLUBS, PLAYERS, COACHES, CLUB OFFICIALS, CLUB WELFARE OFFICERS, MATCH OFFICIALS, LEAGUE OFFICIALS, FIRST-AIDERS, VOLUNTEERS, PARENTS/CARERS, SPECTATORS AND FOOTBALL FACILITY PROVIDERS

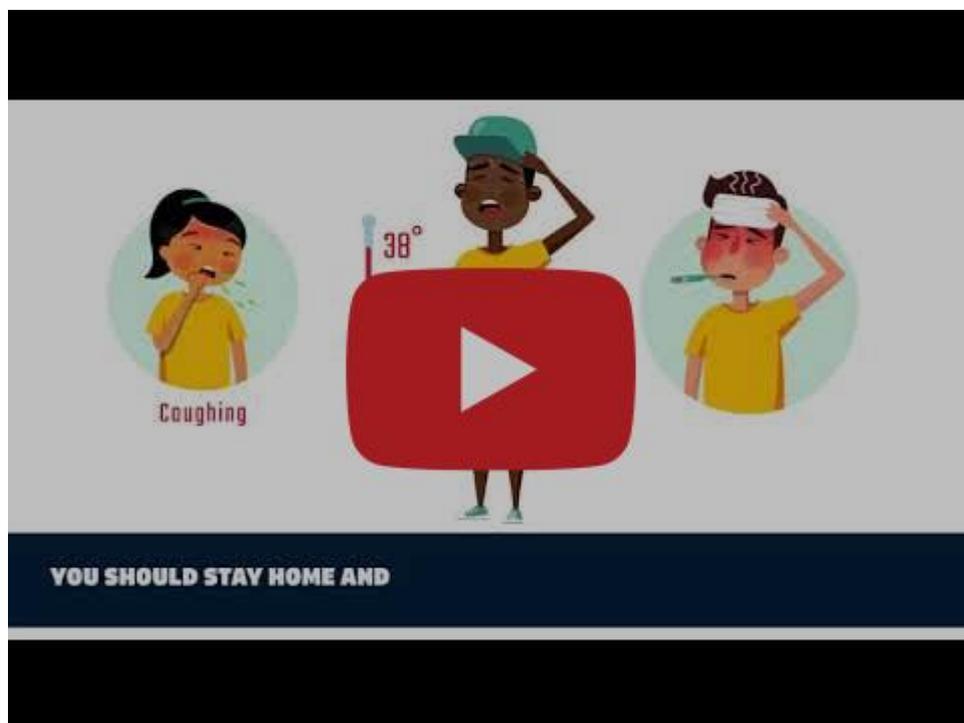
Following the UK Government's announcements on Thursday November 26 regarding the three Covid-19-related Tiers, below is a summary of what the Tiers mean for grassroots football. To check which Tier you're in, see the Government guidance [here](#). The chart below gives guidance on protocols before, during and after competitive play, as well as training and any impact on spectators. Grassroots football can be played in all three tiers, but see travel restrictions below. Changing rooms can be used in all tiers, following strict protocols set out in FA guidance.

ALERT LEVEL	TIER 3: VERY HIGH ALERT	TIER 2: HIGH ALERT	TIER 1: MEDIUM ALERT
ALERT LEVEL SUMMARY	<ul style="list-style-type: none"> Outdoor training, leagues and competitions is allowed in Tier 3 areas. No indoor football (including futsal) allowed. There are exceptions for indoor disability football, football within educational settings (e.g. school/college/university) and supervised football for under-18s, which can take place with larger groups mixing. 	<ul style="list-style-type: none"> Outdoor training, leagues and competitions is allowed. Indoor football (including futsal) is only allowed if it is possible for people to avoid mixing with people they do not live with (or with whom they share a support bubble). There are exceptions for indoor disability football, football within educational settings (e.g. school/college/university) and supervised football for under-18s, which can take place with larger groups mixing. 	<ul style="list-style-type: none"> Outdoor training, leagues and competitions is allowed. Indoor football (including futsal) is allowed, if the rule of six is followed. There are exceptions for indoor disability football, football within educational settings (e.g. school/college/university) and supervised football for under-18s, which can take place with larger groups mixing.
COMPETITIVE PLAY IN LEAGUES AND COMPETITIONS – AT THE VENUE	<p>BEFORE:</p> <ul style="list-style-type: none"> Signage should be put up at all facilities/pitches to provide clear direction on protocols. Social distancing must always be adhered to on arrival and when not in play. The sharing of essential equipment is permitted. Strict hygiene protocols must be adhered to. NHS Test and Trace must be in operation at all grounds/facilities. <p>DURING:</p> <ul style="list-style-type: none"> All substitutes and team officials should maintain social distancing. No celebrations or team huddles. <p>AFTER:</p> <ul style="list-style-type: none"> No socialising at the ground/pitch after games. Bars, pubs, cafes and restaurants must be closed – they are only permitted to sell by takeaway/click-and-collect. 	<p>Follow all Tier 3 protocols apart from:</p> <ul style="list-style-type: none"> Clubs can serve food and beverages, in line with the Government guidance on hospitality and facilities located in Tier 2. 	<p>Follow all Tier 3 protocols apart from:</p> <ul style="list-style-type: none"> Clubs can serve food and beverages, in line with the Government guidance on hospitality and facilities located in Tier 1.
TRAVEL	<ul style="list-style-type: none"> You cannot travel in and out of Tier 3 to play grassroots football. There is an exemption for travel in Tier 3, for under-18s, disability teams, volunteers, match officials, guardians, elite players and those travelling for work. 	<ul style="list-style-type: none"> You can travel across Tier 2 to play grassroots football 	<ul style="list-style-type: none"> You can travel across Tier 1 to play grassroots football
TRAINING	<ul style="list-style-type: none"> All participants (i.e. adult and youth) should minimise contact in training where possible, e.g. minimise tackles/any drills or practices that require close contact. All protocols on social distancing, hand sanitising, equipment sharing, facilities and NHS Test and Trace must be strictly adhered to. 	<ul style="list-style-type: none"> Outdoor training can take place. All protocols on social distancing, hand sanitising, equipment sharing, facilities and NHS Test and Trace must be strictly adhered to. 	<ul style="list-style-type: none"> Outdoor training can take place. All protocols on social distancing, hand sanitising, equipment sharing, facilities and NHS Test and Trace must be strictly adhered to.
IMPACT ON SPECTATORS	<ul style="list-style-type: none"> Spectators are permitted, but must follow the rule of six and Government guidance on restrictions in certain tiers. 	<ul style="list-style-type: none"> Spectators are permitted, but must follow the rule of six and Government guidance on restrictions in certain tiers. 	<ul style="list-style-type: none"> Spectators are permitted, but must follow the rule of six and Government guidance on restrictions in certain tiers.

4) Managers, Parents and spectator updated guidance December 2020

<https://www.thefa.com/news/2020/dec/01/fa-guidance-on-return-to-grassroots-football-011220>

6) You Tube video



7) Miscellaneous

- Referees are instructed to arrive and leave in kit and to shower at home.
- Cashless payment should be offered, OR cash payments to be made with the money in an envelope.
- An assistant referee flag should be supplied by each club where neutral assistants are not appointed.
- Social Distancing to be maintained throughout
- Referee will toss the coin while social distancing, the coin should not be handed to the captains.
- When the ball goes out of play, only players should retrieve it. Spectators must not, and if they do, the ball must be cleaned before being used again.
- No handshakes, and goal celebrations should be muted and distanced.
- Any player found to be deliberately coughing in the face of an opponent can be sent off, in the same way as spitting.
- Goal Posts and corner flags or other equipment eg poles/cones, should be wiped down, before the match, at half time and at the end of the match.
- A mask should be worn in the Club house – although it is only open for toilet access
- The Club house will have a one way system in place which must be adhered to
- Spectators should remain socially distanced and the opposition and home teams MUST face their respective Dug Outs for the duration of the match

Paul Barnard Club Chairman and Gill Bussy Club Welfare Officer. Updated December 2nd 2020.

