



**EGERTON**  
FOOTBALL CLUB

## **Covid 19 – Method Statement ( UPDATED 24/9/20 )**

### **What has changed at Egerton Since Our Last Method Statement?**

Training will now return to its normal timetable but with some additional regulations around cleanliness and contact.

Matches are now allowed to resume following strict FA guidance

Parents sending their children to training is a Declaration that they are free from symptoms and have permission to attend.

The player and coach groups will be recorded for each session or game to support track and trace in the event of a suspected COVID-19 case.

We will comply with all Government and FA guidelines

Fa Guidelines requires us to appoint a Covid 19 Officer – this is Tom O Donnell.

**The Government requires us to apply the NHS Track and Trace QR Code and app across the site**

### **How many players can train or play in each group?**

Up to 30 people including coaches

### **Hand Sanitising!**

Each player must bring their own personal hand sanitiser.

Each coach will check that hand sanitising is done before and after training sessions.

### **What equipment can be used?**

ALL EQUIPMENT can be used so long as it is regularly sanitised. All equipment used will be sanitised before, during and after each session

Our aim is to significantly reduce the amount of equipment that multiple players may encounter.

### **What activities can be done?**

All ACTIVITIES and GAMES can now be undertaken but with a mindfulness as to reducing hand / head contact.

### **How long will training be?**

Sessions will last 1hr 20mins with a gap of 10 minutes between to facilitate exit before the next session.

Games will be of normal duration. Pitch allocations will be controlled by the club to ensure reduced numbers on site.

## EXPECTATIONS FOR COACHES

### Leaving home:

- Check you are healthy to participate before leaving home
- Plan session/ be aware of the group / know where your coaching zone is
- Follow government guidelines on being outside/ being around other people not from your household
- Make sure you know the club's expectations for players and parents
- Bring your session record form
- Check you have your Egerton FC Covid 19 equipment pack

### Before the session

- Park carefully
- Follow government guidelines on being outside/ being around other people not from your household
- Complete your session record form each time you coach for players **and parents who haven't checked in with a QR code**
- Ensure you always have your PPE and Sanitation kit available
- Collect your equipment; clean it or make sure it has been cleaned
- Coaches must arrive in good time and wearing PPE provided, undertake a walkthrough of the training areas to clear any litter, items, goals that should be there.
- Go straight to your coaching, do not congregate
- Set up session, make sure social distances are correct
- Check player list for your session
- Coaches must wash their hands at home before attending a session, then use hand sanitiser after opening any doors.
- Ensure that the previous team have left no litter or water bottles. Please call back the previous coach if this is the case to clear any litter/bottles. The coach will supervise the entry of each player onto the pitch ensuring the players sanitise their hands, maintain social distance and confirm which area they must go into. Starting with the furthest area first and filling each section from there.
- Make sure your players enter and follow the correct path to your session
- Observe players for any symptoms and file their session declaration
- Ensure you clean/sanitise footballs, cones, balls, goals and equipment using your Egerton FC equipment pack and PPE (such as cones) before a session starts.
- Bibs must be single player bibs for the whole session and washed in between sessions
- Explain the rules of social distance training, e.g. no contact, no sharing, no touch of equipment including cones, no leaving or entering other zones, no toilet facilities

### During the Session

- Detail the session plan to the players
- Constantly remind players about distancing and training rules
- Players to self-treat minor injuries: any serious parents to be called or if necessary, coach to help
- The coach must always remain at least two metres distance .

- No first aid should be administered to any player by the coach. If a player needs medical/first aid attention, the parent/guardian of the child should be allowed onto the pitch ensuring hands are sanitised before doing so.

### **After the session**

- The session **MUST** finish on time and vacate within 5 minutes.
- The coach must ensure that players exit the training areas one by one starting with the nearest to the exit working backwards from there, maintaining social\_distance and ensure all players go back to their cars.
- Each player must sanitise their hands on exiting their area.
- Make sure all players have left/ gone home
- If any personal equipment; drink bottles, clothing left behind it must be bagged and binned using PPE
- Clean equipment, balls, cones, goals wearing PPE and if last session put away
- Follow government guidelines on being outside/ being around other people not from your household
- Avoid congregating and leave the facility safely and promptly
- All litter/bottles must be removed from the pitch before the next team enters.
- Prior to departure and wearing full PPE, coaches should undertake a review of the whole coaching area to ensure no litter, items, goals, or equipment are left. All items should be removed.
- **Before leaving site each record list must be posted through the letter box at the youth club.**
- Ensure building is secure if exiting the building for any reason

## **EXPECTATIONS OF MANAGERS?**

- To inform their players and parents of the Risk Assessment and Method Statements in place
- To inform their players and parents of the latest version of the training matrix applicable to their group
- To co-ordinate players for each training sessions and games
- If organising games to obtain CLEANING EQUIPMENT/PPE from the club to ensure all equipment that they use is cleaned before, during and after sessions.
- **To complete a match record for both teams involved in a game and to provide that to the club via the post box**
- **To ensure the match officials complete a match record and to return that to the club also**
- **To record details of all adult spectators who haven't checked in with a QR code**
- **To return match records to the club letter box straight after the fixture**
- To ensure players bring water bottles and personal sanitiser to each session
- To provide the important link between parents and coaches during training
- To keep updating their parents and players as information is updated.
- To remind everyone to respect the facility –

**FOLLOW INSTRUCTIONS – OBSERVE SOCIAL DISTANCING**

**NO RUBBISH LEFT BEHIND - NO SPITTING ANYWHERE**

### **Leaving home:**

- Check you are healthy to participate before leaving home
- Plan your game and know where your coaching zone is
- Follow government guidelines on being outside/ being around other people not from your household
- Make sure you know the club's expectations for players and parents
- Bring your session record form
- Check you have your Egerton FC Covid 19 equipment pack

### **Before the Game**

- Park carefully
- Follow government guidelines on being outside/ being around other people not from your household
- Complete your session record form each time you have a game
- Ensure you always have your PPE and Sanitation kit available
- Collect your equipment; clean it or make sure it has been cleaned
- Managers must arrive in good time and wearing PPE provided, undertake a walkthrough of the training areas to clear any litter, items, goals that should be there.
- Go straight to your game location, do not congregate
- Set up pitch, make sure social distances are correct
- Check player list for your game
- Managers must wash their hands at home before attending a game, then use hand sanitiser after opening any doors.
- Ensure that the previous team have left no litter or water bottles. Please call back the previous manager if this is the case to clear any litter/bottles. The manager will

supervise the entry of each player onto the pitch ensuring the players sanitise their hands, maintain social distance and confirm which area they must go into. Starting with the furthest area first and filling each section from there.

- Observe players for any symptoms
- Ensure you clean/sanitise footballs, cones, goals, balls and equipment using your Egerton FC equipment pack and PPE before a game starts.
- Bibs must be single player bibs and washed in between games
- Goals and Corner flags are to be cleansed before, during and after games
- Balls should be cleaned each time they leave the field of play where possible
- There shall be no formal spectators at games – any parents should follow government social distancing guidelines
- Remind the rules of social distance training, e.g. no contact, no sharing, no touch of equipment including cones, no leaving or entering other zones, no toilet facilities

### **During the Game**

- Constantly remind players about distancing and rules
- Balls to be cleaned at breaks in play
- Goals and corner flags to be cleaned at half time.
- Players to self-treat minor injuries: any serious parents to be called or if necessary, coach to help
- The manager must not enter the area that is allocated to the player and must always remain at least two metres distance .
- No first aid should be administered to any player by the coach. If a player needs medical/first aid attention, the parent/guardian of the child should be allowed onto the pitch ensuring hands are sanitised before doing so.

### **After the Game**

- The MANAGER must ensure that players exit maintaining social\_distance and ensure all players go back to their cars.
- Each player must sanitise their hands on exiting their area.
- Make sure all players have left/ gone home
- If any personal equipment; drink bottles, clothing left behind it must be bagged and binned using PPE
- Clean equipment, balls, cones and goals wearing PPE
- Follow government guidelines on being outside/ being around other people not from your household
- Avoid congregating and leave the facility safely and promptly
- All litter/bottles must be removed from the pitch before the next team enters.
- Prior to departure and wearing full PPE, coaches should undertake a review of the whole area to ensure no litter, items, goals, or equipment are left.
- All items should be removed.
- **Before leaving site each record list must be posted through the letter box at the youth club.**
- Ensure building is secure if exiting the building for any reason

## **WHAT ARE THE EXPECTATIONS OF PLAYERS?**

- You must follow all the guidelines of the club
- You must tell someone if you feel like you have any symptoms
- Handling footballs at any time is to be limited
- A reusable drinks bottle should be brought where possible and be kept within the player's individual area. If these are left on the pitch, they will be disposed of immediately.
- Personal hand sanitiser should be brought to each session
- No drinks should be shared or sprayed.
- No dustbins will be available so any rubbish must be taken home.
- If you feel unwell at any time, you must advise your coach immediately.
- **NO SPITTING**

## **WHAT ARE THE EXPECTATIONS OF PARENT/GUARDIANS?**

- You must follow all the guidelines of the club
- Do not send someone to football who you suspect has symptoms
- Social distancing must always be observed at the facility.
- Parents/Guardians of players must always remain on the site in the event that a player needs medical/first aid attention.
- Along with the coach, please ensure your child sanitises their hand on entry and exit to pitches.
- Ensure that no litter or bottles have been left and everything is taken home.
- Please arrive no more than five minutes before your slot and vacate as soon as possible afterwards.
- If you or your child have any symptoms of COVID-19 or anybody living within your household does, you should not attend training and must follow the normal Government advice.
- You should also make the coach and club aware.
- **To check into the facility using the QR code or provide details to your manager**

## **EXPECTATIONS AT THE EGERTON FACILITY**

- Please always observe government social distancing guidelines across the site
- Please observe any on site signage instructions
- Touch points will be cleaned regularly
- There will be NO WELFARE facilities available so please plan accordingly.
- There will be NO CHANGING FACILITIES available at Egerton so please plan to come prepared for games and training
- The CAFÉ will not be open at this stage nor will the building
- There will be no dustbins on site so please ensure that attendees, parents, carers, and coaches take all rubbish away when leaving the site.

**The defibrillator is in the lobby area of the main building**

**Emergency details are to Egerton Youth Club, Mereheath Lane, Knutsford, Cheshire, WA16 6SL**