

IMPACT FC

Safe Return to Football



In order to ensure a safe return to football we are asking all parents to follow these guidelines prior to, during and after training.

Prior to Training:

- Players need to wash their hands following the NHS guidelines just before leaving their house.
- If players are feeling unwell or displaying any of the COVID symptoms, it is mandatory that parents contact Coach Alfred: 07956108076 and inform him that they will not be attending the session. (Players will then need to isolate at home for 14 days before returning to training).
- All players must have their own water bottle labelled.

SELF-CHECKS BEFORE ATTENDING A PLANNED TRAINING SESSION

Self-checks will be important to prevent transmission among people who are unaware that they are carriers of the virus.

Such checks should help identify if anyone 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.

At Training:

- When players arrive they will need to use hand sanitiser to clean their hands. If your child is unable to use hand sanitiser we ask that you provide an appropriate hand cleaning equipment.
- When parents arrive at training we ask that you don't congregate with other parents and that you ensure you maintain a 2 meter distance from coaches, other parents and other players.

Leaving Training

- Ensure that you collect your child promptly and do not congregate at training.
- Ensure your child washes their hands as soon as possible.

If you leave your child at training please ensure you are contactable at all times. If your child starts to display any symptoms, it is mandatory that you collect your child immediately from training.

If your child comes into contact with anyone who is displaying Covid symptoms please do not bring them to training.

You can read our full risk assessment on our IMPACT FC APP.

