

Mitigating COVID-19 Risks Procedures & Protocols	
Individual Checklist	
Coaches Checklist	
Medics Checklist	
Officials Checklist	



Mitigating COVID-19 Risks - Procedures & Protocols	
Club specific COVID-19 plan and risk assessment	
Appropriate signage, walking routes and separate entry/exit points	
Car park signs and traffic flow systems implemented where possible.	
Adherence to club safeguarding policies	
Test and trace adherence: participants information recorded at all training and matches and stored for 21 days in line with data protection legislation	
Check with club insurance provider regarding opening and return	
Notify all club members of the increased risk of taking part.	
Appropriate hand sanitiser stations should be provided around the club at regular intervals.	
Where possible equipment should not be shared, if it needs to be then it should be cleaned before use by another person.	
Signs to discourage shouting – reduces the spread of droplet transmission	
Adhere to social distancing guidelines and cleaning protocols when using changing facilities	
Additional and regular cleaning schedule conducted with a visible rota kept up to date.	
Have NHS Track & Trace QR Code visible at venue	

Individual checklist	
All players, officials, volunteers and spectators must undergo a self-assessment for any COVID-19 symptoms	
Arrive changed and ready where possible.	
Each individual should carry their own hand sanitiser.	
Bring own individually named water and food if required. These should in no circumstance be shared.	
Where possible individuals should wash their own kit to avoid cross contact. If not possible full hand sanitisation should happen immediately after handling it.	

Coaches checklist	
Read all club COVID-19 documentation	
Confirm all players have completed their symptom check	
Plan sessions with meet times reflecting limited pre training/game congregation	
Lead by preventing unnecessary breaking of social distancing such as pre-game handshakes, huddles, face-to-face confrontation with opponents and officials, and scoring celebrations.	
Maintain social distancing on the sideline during play and ensure subs and other staff follow this too.	
Breaks in play should be social distanced and lead by the coach.	
Appropriate cleaning of all equipment cones, balls etc. should be carried out before and after all sessions.	
If the ball is touched during training sessions it should be cleaned by the coach before returning it to play.	
The coach should clean the ball at all breaks in play/water breaks (every 15 mins) during training sessions	

Medics checklist	
An increased frequency of cleaning and disinfection of all surfaces and equipment	
Face coverings when undertaking treatment.	
Additional PPE held for treatment. Must wear medical gloves when performing any treatment or assessment	
Thorough hand cleaning pre and post assessment and contact.	
A record of all participants the medic comes into contact for track and trace purposes.	

Officiating Checklist	
Confirm you have carried out a self symptom check	
Arrive changed where possible	
Maintain social distancing	
Only use your own, labelled whistle	
Follow COVID-19 rule and protocol adaptations from EL	
Adhere to Game ball protocols for officials	