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COMMUNITY CLUB

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HUTTON FOOTBALL CLUB COVID 19 FRAMEWORK FOR RETURNING TO FOOTBALL

REVISION F – UPDATED 31.03.21

Contents

1. Introduction	2
2. Understanding transmission and principles of infection control	3
2.1 Risk Assessment for Players and Coaches.....	3
2.2 Shielding players and Coaches/admin	3
2.3 Players and coaches/admin considered clinically vulnerable.....	4
2.4 Recent symptoms and/or contact	4
3. Social Distancing Measures and Infection Control	5
3.1 The Environment/Ground/Clubhouse	5
3.2 The Player Journey.....	5
3.3 Equipment.....	6
4. Coaching/Match Sessions	6
5. Safeguarding	7
6. First Aid	7
7. Mental Health Awareness for Coaches and Parents	8
8. Emergency Action Plan.....	9
CLUBHOUSE PROCEDURE – TIER 3.....	10
CHANGING ROOM PROCEDURES – TIER 3	10



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1. Introduction

THE NATIONAL GOAL REMAINS CLEAR, WE MUST AS A SOCIETY, SLOW THE SPREAD OF THE VIRUS AND PROTECT THE NHS FROM BEING OVERWHELMED.

Firstly, we are all really looking forward to welcoming back our players. We have missed you guys! As an FA Chartered Community Club, we follow the guidance by the FA, in relation to how and when we can get back to football related activity.

The FA released further guidelines for grassroots clubs during the Covid pandemic on 24th March 2021 and are keeping us updated regularly as guidance is updated on how we deal with restrictions relating to the tier we are in.

The latest guidance creates a pathway to return to full grassroots football from 29th March. We must still take extra care to protect both players and ourselves from contracting the virus and promote safe football in a safe environment. There are restrictions on travel (for senior football) and hospitality at our home grounds, which relate to the tier system.

The latest FA Guidance can be found here – We ask that all players/parents and carers read the guidance and are familiar with the framework in which we must operate. <http://www.thefa.com/about-football-association/covid-19>

The decision to restart football coaching has been based on risk and feasibility assessments. As the pandemic evolves, new evidence is likely to emerge, and government advice may change. This protocol does not supersede government advice and thus will be reviewed and adapted accordingly where possible. You should always follow government guidance and the club assumes no liability for people not following said government guidance.

This policy is in addition to routine health and safety measures and professional standards. These measures are intended to manage risk and cannot be assumed to completely eliminate any risk of contracting the virus. Adult players and parent/carers must make their own decision about whether to attend training or not.

Not attending training will not have any reflection on team decisions for next season. Those who do not want to attend are encouraged to keep up whatever football skills or exercise they can manage at home.

All managers and coaches have undertaken specific risk assessments for their individual teams, which have been approved by a Club Covid 19 Committee.

The Covid Committee is made up of Covid Officers that will represent the club to the respective leagues our teams play in. The Covid Committee reports to the Club Committee, who ultimately approve the recommendations.

Tim Abram (Chairman and First Team Assistant Manager)
Nick O'Connell (Child Welfare Officer and Under 11's Manager)
Alan Masland (First Team Manager)
Barry Hodge (Under 10's Manager)
Simon (Winston) Roberts (Under 11's Manager)

Senior Leagues (SCL, W&D)
Junior – Woodspring League
Junior – Taunton League
Junior – Bristol Girls League
Mini - SJPL

If you have any questions, then the Covid Officers will be able to help. The responsibility for compliance with Government Guidance falls to individuals.



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2. Understanding transmission and principles of infection control

The transmission of Covid-19 is thought to occur mainly through respiratory droplets generated by coughing and sneezing, and through contact with contaminated surfaces. The predominant modes of transmission are assumed to be droplet and contact.

The incubation period is from 1-14 days (median 5 days). Assessment of the epidemiological characteristics of Covid-19 cases suggests that, similar to SARS, most patients will not be infectious till the onset of symptoms. In most cases individuals are usually considered infectious while they have symptoms; how infectious individuals are, depends on the severity of their symptoms and stage of their illness.

The median time from symptom onset to clinical recovery for mild cases is approximately 2 weeks and is 3-6 weeks for severe or critical cases. There have been case reports that suggest possible infectivity prior to the onset of symptoms, with detection of SARS-Cov-2RNA in some individuals before the onset of symptoms.

From international data, the balance of evidence is that most people will have sufficiently reduce infectivity 7 days after onset of symptoms.

<https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control/transmission-characteristics-and-principles-of-infection-prevention-and-control>

2.1 Risk Assessment for Players and Coaches

Coaches/admin should consider their personal circumstances, family circumstances and their own social behaviours and how those might impact risk to players. In turn players and parents should consider their own social behaviours. Everybody should reduce their own exposure and risks to each other as far as is possible by following UK Government social distancing guidelines.

2.2 Shielding players and Coaches/admin

Recent guidance for the extremely vulnerable, who fall into the shielding category changed on 5.6.20 and they can now leave the house, but it is recommended that they only come into contact with their own family members or 1 other person. We would therefore advise coaches and players (or those living with family members) that fall into this category not to attend football presently.

Clinically extremely vulnerable people may include:

- Solid organ transplant recipients
- People with specific cancers:
- people with cancer who are undergoing active chemotherapy
- people with lung cancer who are undergoing radical radiotherapy
- people with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
- people having immunotherapy or other continuing antibody treatments for cancer
- people having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
- people who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs
- People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary disease (COPD).
- People with rare diseases that significantly increase the risk of infections (such as severe combined immunodeficiency (SCID), homozygous sickle cell).
- People on immunosuppression therapies sufficient to significantly increase risk of infection.
- Women who are pregnant with significant heart disease, congenital or acquired.
- Other people have also been classed as clinically extremely vulnerable, based on clinical judgement and an assessment of their needs. GPs and hospital clinicians have been provided with guidance to support these decisions.



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<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19#clinically-extremely-vulnerable-groups>

Specific advice on who falls into the severe asthma category:

https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/shielding-advice-high-risk/?gclid=EAlaIQobChMlydqukobt6QIVg7HtCh3mxAJvEAAYASAAEglbyPD_BwE

2.3 Players and coaches/admin considered clinically vulnerable

Some people, including those aged 70 and over, those with specific chronic pre-existing conditions and pregnant women, are clinically vulnerable, meaning they are at higher risk of severe illness from coronavirus. As we begin to ease restrictions, this group who are clinically vulnerable should continue to take particular care to minimise contact with others outside their household. The Government has advised this group to stay at home as much as possible and, if you do go out, take particular care to minimise contact with others outside your household. Therefore, players and coaches/admin in this group should carefully consider if they wish to attend football, considering the risks and benefits for their physical and mental health.

Clinically vulnerable people are those who are:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab each year on medical grounds):
- chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- chronic heart disease, such as heart failure
- chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
- diabetes
- a weakened immune system as the result of certain conditions or medicines they are taking (such as steroid tablets)
- being seriously overweight (a body mass index (BMI) of 40 or above)
- pregnant women

<https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing>

2.4 Recent symptoms and/or contact

Anybody who falls into any of the categories below should not attend football training and should self-isolate as per the government guidelines:

- you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you're waiting for a coronavirus test results
- you've tested positive for coronavirus – this means you have coronavirus
- you live with someone who has symptoms, is waiting for a test result or has tested positive

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

Self-isolate for 7-14+ days as per the government guidelines

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>



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COMMUNITY CLUB

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Additionally, do not attend if you display any symptoms that are not 'normal' such as (but not limited to):

Fatigue, body ache, headache, sore throat, loss of smell or taste, nausea or diarrhoea.

You should NOT attend any training or matches if you have been told to self-isolate by a School/College/NHS Test and Trace app.

Please advise your coach if you are not going to attend a session, in the normal way through either your Facebook group, WhatsApp or another accepted form of communication.

3. Social Distancing Measures and Infection Control

3.1 The Environment/Ground/Clubhouse

It is now permissible for coaches to organise a training session that has up to 30 people (including coaches) involved as long as the groups are kept separate, everyone is socially distancing while not training and strict hygiene measures are in place with all equipment. Games will also continue, both in competitive and friendly format.

Each age group will have already completed a risk assessment, which is then reviewed by our newly formed Covid 19 committee and approved or commented on.

When arriving at the training ground players/parents should not arrive any more than 10 minutes before the start of a session unless specifically told otherwise, park in their designated area of the car park and wait in their cars, until their training time.

When the coach arrives at the designated entrance/gate to receive the players then players should get out of their cars and queue up at 2 metre gaps, and parents/carers will be asked to remain in their cars, where possible, rather than watching from the side lines in order to minimise contact and reduce risk. Certain groups may be specifically told otherwise by their manager (younger/more vulnerable groups), which will be controlled by the risk assessment process and approved by the Covid Committee. Until the 12th April (at least) only ONE person is admitted to watch a game with each child.

If a player/parent or coach must use the welfare facilities, then they must follow the one-way signs through the clubhouse and out of the back doors (corridor and kitchen) then back round to the training area. Only small groups will be allowed in the clubhouse together, maintain social distancing and they should use the hygiene stations provided and signposted. A coach should have sight of them as they enter and leave and ensure they return to the correct area to continue training.

For Senior matches, some use of the changing rooms may be permissible when we move into the later steps in the Governments plans, but not before and will need to be assessed through the risk assessment process. Similarly, the washing of kit and other clothing required for Senior football is risk assessed and approved by the Committee. Food and drink sales are permissible on a take-away basis and only after being approved through the risk assessment process.

As matches start, spectators will need to comply with all relevant guidelines, maintaining social distancing requirements and will be asked to sign in to aid the NHS Track and Trace.

3.2 The Player Journey

Players should:

- Wash their hands before leaving their house.
- On arrival and after being shown into the ground by their coach they will be asked to disinfect their hands with the hand sanitizer.
- Players are reminded to keep a 2m distance from other players and the coach while not involved in contact sessions.
- Players should remember to only touch the football they are assigned with their hands and where possible just use their feet.

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- On leaving the training session the players will again be asked to disinfect their hands with the hand sanitizer.
- It is strongly advised that when players and coaches/admin arrive home they wash their hands and remove their clothes immediately to be washed.

3.3 Equipment

- Coaches are encouraged to keep equipment separate for players, for example each player has their own football. Either their own ball they bring and take home themselves, or from the coaches' equipment.
- Where the coaches footballs are used, they should be disinfected at the end of the training session, with a detergent effective against Covid-19 e.g. Bleach solution (diluted as per instructions), or 70% alcohol wipe.
- All cones and other equipment used should be cleaned using the same detergent.

Information on the persistence of coronavirus on inanimate surfaces and their inactivation with biocidal agents.

[https://www.journalofhospitalinfection.com/article/S0195-6701\(20\)30046-3/fulltext](https://www.journalofhospitalinfection.com/article/S0195-6701(20)30046-3/fulltext)

4. Coaching/Match Sessions

The FA Has confirmed a return to grassroots football as follows:

A summary of the key points is below, but all those involved should read the full guidelines available on the FA website <http://www.thefa.com/about-football-association/covid-19>:

- 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;
- 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;
- 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;
- Where possible, players, coaches and officials should arrive changed and shower at home. Use of changing and shower facilities must follow government advice on the use of indoor facilities and will be controlled by the risk assessment process. Any limited use of the changing room facility should be in line with our procedures in Sections 9 and 10
- Participants should follow best practice for travel including minimising use of public transport and walking or cycling if possible. People from a household or support bubble can travel together in a vehicle
- The club will keep a record of all youth (Under 18) players attending training and/or matches. All Over 18's, including spectators, must use the NHS Test and Trace app. If for some reason they cannot (for example they do not have a smart phone), a written register should be taken.
- Spectators will be permitted only in line with the guidance at the time, which varies as we move through the steps. If you are not sure what step we are currently in, please refer to the FA guidance.

We ask that if any parents or carers have any questions then they contact the coach after the session to minimise any contact for all parties.

If any player or coach from any group shows any signs of symptoms, we ask you to inform the coach straight away so we can in turn inform the other players from your group.

Specific instructions for arrival and departures will be assigned by individual coaches based on their risk assessments. Pitches/Car parking may change and will be agreed between managers.



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COMMUNITY CLUB

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5. Safeguarding

In order to follow the FA safeguarding rules for working with children the children must be in sight of a second adult. This second adult could be another coach or member of the clubs' administrative team. For clarity this second adult is not part of the group of 6 but must always be in sight of the activity.

Adult players and parents/carers must be provided with a copy of the Covid-19 guidelines and parents should be encouraged to discuss the content with their children.

6. First Aid

In addition to the usual FA guidance for first aid kits, first aid kits will now include PPE (apron, gloves, and surgical face mask).

When an injury or accident occurs, coaches will need to carefully consider whether they need to breach the 2m social distancing guidelines depending on the severity of the injury and the age of the player.

If it is necessary for first aid, the coach will need to ensure they wear the full PPE provided.

Parents should be clear on this and that the 2m social distancing guidance may be broken if deemed necessary for essential assessment and first aid.

If first aid is required inside, then the away changing room will be used and cleaned extensively after use.



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7. Mental Health Awareness for Coaches and Parents

As we return to football delivery, we must take note of the individual and unique experiences each of our members will have had. Some will have been quite positive and happy, others not so.

Potential Negative Experiences	Potential Positive Experiences
<ul style="list-style-type: none"> • Trauma (emotional response to an event that is distressing) • Anxiety • Fear of dying • Fear of a loved one dying • Losing a loved one • Neglect • Abuse • Deprivation • Isolation • Not completing exams/coursework • Break downs in relationships • Detachment from education • Change in routine • Financial concerns • Fear about the future 	<ul style="list-style-type: none"> • Relaxing • More time with family • Less stress • Away from negative relationships • Learnt a new skill/skills • Time for hobbies and interests • Increased sense of community • Getting to know your neighbours • Increased time exercising outside • Less exam stress • No daily commutes • Seeing nature recuperate • Feeling able to manage time more effectively • Regular remote contact with friends and family/workplace/education

For some of our members it may be difficult for them to bounce back and they may need additional support to reengage. Traumatic experiences can have lasting effects and manifest themselves in behaviours that challenge.

Coaches may see members who are;

- Jumpy
- Angry
- Volatile
- Hyper vigilant
- Dazed
- Tuned out
- Disassociated

We cannot ignore the last few months but dwelling on a situation may cause further anxiety. Our coaches will be asked to use their first session for the players to catch up with each other and to share stories about the positive things they have achieved during lockdown. Then start focusing on moving forward and what the new normal will look like and how positive that is.

Communication with parents/carers is key if coaches are concerned about any difficulties the children may be experiencing in reengaging.

Coaches and Parents are encouraged to talk to the Welfare Officer if you have any concerns about the wellbeing of any of our members.



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COMMUNITY CLUB

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8. Emergency Action Plan

Club Name:	Hutton FC
Club Address:	Springwood Playing Fields, Springwood Gardens, Hutton Jubilee Playing Fields, Elizabeth Close, Hutton
Telephone:	07769943332 (Tim Abram - Chairman)

FIRST AIDERS / HELPER INFORMATION	
Name	Mobile Number
For queries about this EAP:	
Tim Abram - Chairman	07769943332
Clive Ball - Secretary (Seniors)	07939935707
Or see relevant coach for first aider on day of match	

FIRST AID EQUIPMENT AND FACILITIES	
Item	Location
Defibrillator	In Clubhouse
Stretcher	N/A
First Aid Room	N/A

ACCESS ROUTES	
For Ambulance	Fully Accessible from car park
From Pitch to Ambulance	Ambulance can park immediately adjacent to pitch, or on pitch in fair weather.

OTHER INFORMATION	
Nearest A&E / Trauma Hospital:	Weston super Mare (limited opening hours) North Somerset Community Hospital, Clevedon
Fastest Route to A&E / Trauma Hospital:	WSM - By car, via the Main Road, Hutton and then Broadway, towards Uphill village. For Clevedon head to M5 and then to Old Street from motorway.
Distance & Journey Time:	W-S-M 3 miles, traveling towards Uphill, along Broadway Clevedon, via M5 - 10 miles, 20 minutes approx.
Nearest Walk-in Centre:	North Somerset Community Hospital, Clevedon
Alternative Trauma Hospital:	See above



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CLUBHOUSE PROCEDURE – FROM STEP 2 ONWARDS (NO EARLIER THAN 12TH APRIL)

1. DO NOT ENTER THE CLUBHOUSE UNTIL YOU HAVE BEEN GIVEN THE COVID BRIEF BY THE RELEVANT MANAGER/COACH/COVID OFFICER
2. MASKS MUST BE WORN AT ALL TIMES IN THE CLUB HOUSE
3. YOU MUST SIGN IN USING THENHS TEST AND TRACE APP, OR WRITTEN REGISTER IF YOU DO NOT HAVE A SMART PHONE
4. WHEN INSIDE, MAINTAIN SOCIAL DISTANCE
5. WHEN IN THE CLUBHOUSE, LIMIT TOUCHING ANYTHING, AND MAINTAIN SOCIAL DISTANCING
6. REFRESHMENTS ARE AVAILABLE FROM THE SERVING HATCH ON THE OUTSIDE WALL ONLY, TO TAKE AWAY.
7. PLEASE USE THE ONE-WAY SYSTEM WHERE POSSIBLE
8. CLEAN UP AFTER YOURSELVES – MAKE SURE YOUR RUBBISH GOES IN THE CORRECT BINS

CHANGING ROOM PROCEDURES – FROM STEP 2 ONWARDS (NO EARLIER THAN 12TH APRIL)

NOTE: Senior Players ONLY can use the changing rooms and ONLY on Match Days, after the Covid Committee has approved their relevant Risk Assessment.

1. BEFORE THE MATCH THE CLUBHOUSE MUST BE ENTERED FROM THE FRONT, AND EXITED FROM THE BACK. MASKS MUST BE WORN OTHER THAN WHEN CHANGING.
2. MANAGERS ARE TO PUT KIT OUT READY
3. ONE GROUP OF THREE IS ALLOWED TO ENTER AT A TIME, MAINTAINING SOCIAL DISTANCING
4. THEY MUST GET CHANGED AND THEN TAKE ALL ITEMS BACK TO THEIR CARS (EXITING THROUGH THE BACK) ANY CLOTHES/ITEMS LEFT IN THE CHANGING ROOM WILL BE BINNED.
5. ONCE THE FIRST THREE HAVE EXITED, THE NEXT THREE MAY ENTER AND SO ON
6. HAND SANITISER SHOULD BE USED AT ALL TIMES, AND USERS ARE REMINDED NOT TO TOUCH ANYTHING UNNECESSARILY.
7. AFTER THE MATCH, PLAYERS SHOULD REMAIN IN THEIR GROUPS OF THREE, AND SHOULD ENTER THE BUILDING FROM THE BACK, GET CHANGED, AND LEAVE FROM THE FRONT.
8. HOME TEAM ONLY (AWAY TEAM WILL HAVE THEIR OWN PROCEDURE) – ALL KIT SHOULD BE PLACED TIDILY, BY THE INDIVIDUAL, INTO THE KIT BAG WHICH WILL BE COLLECTED BY A MANAGER AND PLACED IN THE SECURE CUPBOARD AFTER EVERYONE HAS CHANGED
9. NO SHOWERS WILL BE IN OPERATION
10. EVERYONE HAS A RESPONSIBILITY TO BE TIDY. PLEASE ENSURE YOU USE THE BLACK BAGS PROVIDED.
11. PLEASE RESPECT THE CLUBHOUSE AND THE PEOPLE THAT HAVE WORKED HARD TO MAKE IT USABLE, BY CONSIDERING WHAT YOU NEED TO DO TO KEEP IT A SAFE PLACE.