

Covid Best Practice Key Points

1. Players are not obliged to wear face masks it is personal choice however players and coaches must remain at least 2m apart at all times.
2. The following is a list of things that players should be considered to bring to training to help keep everyone safe (the list is not exhaustive):
 - a. Hand sanitiser/an alcohol based hand rub
 - b. Tissues
 - c. A bag to dispose of used tissues in
 - d. A face covering for transport if necessary
 - e. A water bottle that is clearly identifiable as their own
3. Avoid handling cash and online payments for sessions should be taken if possible.
4. A full register will be carried out of all who attend training and matches. This is to ensure that in the event of an outbreak that the Track and Trace team have the ability to carry out the required tracking.
5. Session start and finish times should be staggered so that no more than the maximum number of participants and staff are in the building at any one time.
6. During organised training, Adults can participate in groups of up to 10 players and 2 coaches in an indoor 5v5 sized court (basketball court).
7. Children & Young People (5 to 17 years old) can participate in groups of up to 15 players and 2 coaches in an indoor 5v5 sided court (basketball court).



8. If a child or young person needs support during a training session from their parent (e.g. accessing the toilet) the parent/carer must either remain in the car or physically distanced from others following the government guidance of 2 metres. Parents/carers should discuss with the club the safest and most appropriate manner in which to do this in advance of training so the club can make any appropriate arrangements. Parents/carers may be asked to attend training for the purposes of first aid but this should be identified and discussed with the club in the first instance.
9. After training, parents/carers should collect their child as soon as possible and return home to prevent any unnecessary congregating.
10. Adults remain the greatest risk factor in the transmission of COVID-19. For that reason they **SHOULD NOT** spectate from pitch-side at this stage.
11. Each coach needs to stay with the same group of players before during and after each session.
12. It is recommended that out with the football-related activity itself, all participants observe 2 metre physical distancing in and around the training venue.
13. If you have **COVID** symptoms, contact the NHS to arrange to be tested at 0800 028 2816 or <http://www.nhsinform.scot/>
14. If someone who has attended a club develops symptoms of COVID, they should be directed to follow the Scottish Government's 'test and protect' guidelines.
15. It is not the responsibility of the football club to inform members if someone at the club has tested positive for COVID. This will be done by the NHS Scotland Test & Protect team. **An individual's right to privacy must be observed.**
16. The football club will be expected to be able to pass on contact details of all attendees should they be asked by a member of the NHS Scotland Test & Protect team.
17. Scottish Government advice remains that anyone with symptoms of COVID should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend training or matches.