



NORTHAMPTON TOWN F.C.

COMMUNITY 

COVID-19 POLICY & RETURN TO ACTIVITY PROTOCOL

Last updated: 18-05-2021

Policy Brief and Purpose General

Overview

Northampton Town FC Community Trust is fully committed to ensuring that our clients, staff and volunteers are safe and protected as well as possible during their work with the Trust. This policy includes the measures we are actively taking to mitigate the spread of coronavirus and has been introduced in response to the government and FA guidance advising limited return to work and activity. In order to achieve this NTFC CT will ensure that risks are assessed in line with H&S Policy and that all staff are made aware through appropriate training and information about the expectations placed upon them; this will include understanding of the Corona virus pandemic (COVID 19) symptoms and Government Health advice on how to reduce risk not just to themselves but those around them.

This guidance is intended to introduce consistent measures throughout the organisation in line with Government recommendations of social distancing. These are exceptional circumstances and the community trust must comply with Government advice.

You are kindly requested to follow all these rules diligently, to sustain a healthy and safe workplace in this unique environment. It is important that we all respond responsibly and transparently to these health precautions. We assure you that we will always treat your private health and personal data with the highest confidentiality and sensitivity. It is also important to understand that everyone should approach the health, safety and wellbeing of each other in the workplace with compassion and understanding.

This coronavirus (COVID-19) policy is subject to change with the introduction of additional government guidelines. If so, we will communicate updates as soon as possible.

The Northampton Town FC Community Trust COVID-19 Operational Policy is:

- Agreed by its Board and Chief Executive Officer
- Communicated to every member of staff
- Made available on the NTFC CT website



Phillip Smith - COVID-19 Officer & Chief Executive Officer



Scott Desborough - Chair of Trustees

Scope

This coronavirus policy applies to all NTFC CT employees and volunteers. We strongly recommend our remote working personnel to read through this policy guidance as well to ensure we collectively and uniformly respond to this challenge.

Aims

The aims of our policy are to:

- Comply with all relevant regulatory requirements.
- Continually monitor and update recommendations set by the Government Health authority in relation to the COVID 19 pandemic and its spread.
- Increase Trustees and employee's awareness whilst encouraging full participation
- Outline the basic principles for setting up safe systems of work and provide a framework to guide managers' decision making processes.

Policy Elements

The basic principles underling this policy and protocols are as follows:

- To minimise the risk to the safety of participants and their immediate families when taking part in activity.
- To minimise the risk to safety of staff and their immediate families when delivering activity
- To minimise the risk to safety of volunteers and their immediate families when supporting or delivering activity

The resumption of activity will be split into phases in line with changing government guidance. Each will lay out the procedure for a return to activity.

In order to comply with the above, Northampton Town Football Club Community Trust will ensure that:

- All activities comply with the most up to date published government advice
- Staff receive suitable training ahead of a return to delivering activities to understand how to adapt activities safely and comply with guidance
- Staff are provided with adequate PPE resources to maintain safety
- Risk assessments are conducted for all returning activities and reviewed on a regular basis
- Participants are provided with information to help keep them and others safe ahead of a return to activity
- All staff and participants follow the outlined protocols for returning to and taking part in activity as outlined in this policy
- Disinfection of equipment used during activity will take place during and at the end of each session and in line with advice issued by relevant health authorities
- Partner venues used for activity agree they are complying with government guidelines and provide risk assessments/infection control information prior to use
- Suitable resources provided to ensure that spaces and work areas are properly cleaned and disinfected.

This is in line with some mandatory general rules that must be complied with at all times:

- Maintain social distancing (at least one metre, two metres where possible)
- Wash hands frequently (using the soap/water and alcohol hand sanitisers provided)
- Keep as many doors open as possible to avoid contact with doorknobs/door handles/keypads when indoors
- Staff using PPE should replace all gloves after each individual use and masks should be replaced when they become moist or soiled

This policy will cover the following elements:

1. Roles and responsibilities
2. Staff code of conduct in relation to COVID-19
3. Response protocols to possible cases
4. Delivery of Activities
 - a. Delivery protocols for community sessions (outdoors)
 - b. Delivery protocols for community sessions (indoors)
 - c. Delivery protocols for matches (outdoors)
 - d. Delivery protocols for Tournaments & Festivals (outdoors)
5. Delivery Protocols
6. PPE
7. First Aid
8. Working from external sites
9. Protecting vulnerable staff and ensuring equality
10. Contacts

1. Roles and Responsibilities

The responsibility for delivering the systems within this policy rests with everyone at Northampton Town FC Community Trust.

Trustees

Trustees are expected to hold the Trust to account for fulfilling its public health obligations and therefore have a role to play in ensuring that the Trust has appropriate policies and procedures in place and that they are fit for purpose. Covid-19 will be included as an agenda item under the standing item for Health and Safety. Trustees should also ensure that any additional costs needed for training and delivering this policy are reflected in budgets and are adequately financed.

Chief Executive and Senior Managers

The CEO is accountable for ensuring that all areas of the Trust are complying with the actions set out in this policy. Senior managers have a role in ensuring that the policy and procedure is put into operation and that outcomes are recorded and discrepancies are acted upon.

Health and Safety Manager

The overall responsibility for maintaining, updating and ensuring compliance of our Policy and its impact rests with the Trust's Health and Safety Manager. They will report back to the NTFC CT Board and will be responsible for supporting managers in their understanding and

fulfilling the operational implementation of the policy. There is also a requirement that the Health and Safety manager attends any EFL or EFL Trust updates and briefings and keeps abreast of current Government or PHE policy.

Project Officers / Managers

Project Officers / Managers have responsibility for planning and delivering programmes that are operationally compliant with this policy.

Delivery Staff

Delivery staff are responsible for delivering programmes, sessions or lessons in line with NTFC CT best practice. They should ensure that they are familiar with policies and procedures as well as expectations for their specific role. Delivery staff are also responsible for ensuring that they participate fully in any training opportunities offered with regard Covid-19 and that they read all updates provided and respond in a timely manner.

Volunteers

Volunteers are responsible for adhering to the guidance set out in this policy when supporting with delivery of sessions. Volunteers are also responsible for ensuring that they participate fully in any training opportunities offered with regard Covid-19 and that they read all updates provided and respond in a timely manner.

External Partners

As the Trust works with a wide range of external partners it is important that they are made aware of our policy and that NTFC CT minimum standards are equal to their operating procedures.

2. Staff code of conduct in relation to COVID-19

In addition to the codes of conduct outlined in the staff and volunteer handbooks; these additional items are relating specifically to COVID-19. Outside of delivery of activities it is important that staff and volunteers take personal actions to reduce the risks of an infection to themselves, their families and to mitigate the risk of spread of the virus amongst other staff and participants

Staff should always follow Government guidance regarding social distancing and isolation.

Staff and volunteers are requested to:

- Remain up to date with the latest government guidance
- When adding fuel to vehicles ensure gloves are used at all times and wash hands afterwards
- Regular washing of clothing after delivering sessions
- Avoid public transport where possible
- Limit contact with others outside of your household
- Always maintain strict hygiene particularly in relation to guidance on hand washing. Appendix 1, 2 and 3

3. Response protocols to possible cases

Protocol for Management of New Cases

- Any individual with symptoms of Covid-19 must comply with PHE guidelines to self-isolate for 10 days and should not travel to work or attend sessions
- Staff and volunteers must notify their line manager immediately to inform them of situation
- Participants must notify their coach or project lead immediately to inform them of the situation
- Close contacts of a new case must comply with PHE guidelines and self-isolate for 10 days.
- The individual is advised to book an NHS covid-19 test:
<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/ask-for-a-test-to-check-if-you-have-coronavirus/>
- Return to work following a period of isolation or confirmed Covid-19 infection will be directed by the Covid Officer/CEO.

Protocol for management of contact from NHS test and trace

- All venues NTFC CT use must have registered for a QR code with the NHS test and trace service.
- NTFC CT staff should advise all participants on programmes to check in where possible using the QR code on arrival to sessions. This is in addition to and does not replace the standard registration procedures for a session.
- Where participants do not have access to a smart phone and the venue requests their details to be able to take part in activity, under the terms of the NTFC CT privacy notice, NTFC CT are unable to share this information directly with the venue. Participants/parents must give their details to the venue directly on arrival.
- All NTFC CT staff are advised to check in at venues where possible using the NHS test and trace app
- Participants under the age of 16 are unable to register for test and trace. Where a session takes place involving participants under the age of 16, the staff member leading the session is advised to register on the NHS test and trace app where possible and can inform the group if a future positive case is identified. This is in addition to standard registration procedures for a session
- Where spectators are permitted, all should be advised to check in at the venue using the NHS Test and Trace app where possible.
- Any individual who has been contacted by the NHS test and trace service must comply with PHE guidelines to self-isolate for 10 days and should not travel to work or attend sessions
- Staff and volunteers must notify their line manager immediately to inform them of situation
- Participants must notify their coach or project officer immediately to inform them of the situation
- The individual is advised to book an NHS covid-19 test:
<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/ask-for-a-test-to-check-if-you-have-coronavirus/>
- Return to work following a period of isolation or confirmed Covid-19 infection will be directed by the Covid Officer/CEO

A full set of FAQ's from the NHS can be found [here](#).

What to do if someone develops symptoms consistent with COVID-19 during a training or community based session.

- Separate the player immediately from the wider group.
- Determine if the player needs urgent medical attention and if so call for help (may include an ambulance) and manage any medical emergency as set out below, including correct use of Personal Protective Equipment (PPE).
- If they are a child:
 - they should be taken home, or to seek medical attention if required, by a member of their household waiting in the car and follow government guidance for symptoms of Covid-19.
- If they are an adult:
 - and symptoms are mild, advise them to return home and follow government guidance for symptoms of Covid-19.
 - if the symptoms are moderate-severe, advise they do not drive, but get support from a household member to return home, they should not be taken home by someone who is not a member of their household/social bubble. They should then seek medical attention as appropriate. Please refer to the NHS 111 website for further details on accessing medical care and when this is advisable.
- If other players/coaches present have followed the social-distancing protocols, they need not follow any specific advice unless they develop symptoms. If they develop symptoms they would then need to isolate as per Government guidance.

Protocol for management of cases relating to competitive football (matches)

- If a player from one of the NTFC CT teams tests positive, then NTFC CT must notify the opposition team immediately. The player who has tested positive must self-isolate in line with government guidance as outlined above.
- In line with FA guidance, once a player who has tested positive has finished their self-isolation period of 10 days, they can return to activity. They do not require a test to return after completing the self-isolation period.
- If an opposition team player tests positive they must report this to team they played against in line with FA guidance. Match play is however not considered 'close contact' so no action is needed unless individuals experience symptoms, in which case they must self-isolate from that point as per [Government guidance](#).

4. Delivery of Activities

The Government has published a roadmap setting out four steps for the easing of national lockdown restrictions in England. NTFC CT's guidance will continue to strictly follow all Government guidance, as we have throughout the pandemic. NTFC CT's guidance will be updated at each step to provide participants with the information needed to facilitate the safe return of activity.

The Government has been clear that the easing of restrictions set out in the roadmap is subject to review and could change if we see another surge in hospitalisations, if a new variant of concern is found or if there are any issues with the roll-out of the vaccination

programme. As such we cannot confirm with certainty what the next steps for the return of activity will look like over the coming months. We can instead point to what is in the Government’s roadmap as an indication for what this return could look like. This is summarised below:

	STEP 1		STEP 2	STEP 3	STEP 4
	8 th March	29 th March	No earlier than 12 th April	No earlier than 17 th May	No earlier than 21 st June
UPDATE	Schools return, including play for school-age children as part of educational provision and wraparound care – following DfE guidance.	Outdoor grassroots football returns – following all FA guidance. No spectators. No changing rooms. No hospitality.	Indoor football for under 18s returns – subject to Government approval. Socially-distanced spectators permitted - in accordance with Government guidelines. Changing rooms can be used – following strict Covid-19 protocols. Outdoor food and drink allowed – following the rule of six or two households.	Organised indoor football returns – subject to Government approval. Socially distanced spectators permitted - in accordance with Government guidelines. Changing rooms can be used – following strict Covid-19 protocols. Indoor food and drink allowed – following the rule of six or two households.	No legal limits on gathering. Larger events allowed.

WHAT YOU NEED TO KNOW ABOUT THE RETURN OF OUTDOOR GRASSROOTS SPORT

On Monday 29th March, as part of the Government’s roadmap out of national lockdown, it was confirmed that outdoor sports facilities can open, and organised outdoor sport can take place. This meant that organised outdoor football, following all the protocols in The FA’s guidance, could take place. From Monday 12th April it was confirmed that the government were moving to stage two of this roadmap and on Monday 17th May it was confirmed that the government were moving to stage three of this roadmap. The guidance below has been updated accordingly to take these new details into account.

TRAVEL

As organised sport can resume, all participants may travel to games but should avoid travel at the busiest times and routes, as well as minimising any unnecessary journeys where possible. All participants must follow the Government’s guidance on safer travel. Participants should note that this guidance will be updated as we move through the different steps of the Government’s roadmap. All participants should therefore regularly review this guidance to make sure they are following up to date information.

CHANGING ROOMS

Changing rooms can be used as part of step three of the Government’s roadmap out of lockdown. However, participants should minimise their use of changing facilities where possible. Toilets are permitted to open but must follow all Covid-19 protocols. Changing

rooms are an area of increased transmission risk. When using changing rooms you must take additional measures to reduce the risk of transmission and minimise social contact.

This includes:

- Taking all necessary precautions to ensure appropriate distancing can be maintained within the changing room – e.g. tape markings on changing benches, toilets and sinks to separate spaces with safe distances.
 - Encouraging all users to minimise the time they spend in the changing area.
 - Introducing enhanced cleaning of all facilities regularly throughout during the day and at the end of the day.
 - Providing cleaning materials and hand sanitiser for customer use at touch points.
 - Providing additional signposting in these areas to maintain social distancing and adhere to the relevant gathering limit.
 - Supervision checks should be made to ensure compliance with your rules.
 - Access must be maintained where safety and safeguarding measures require their use, e.g. supporting customers with disabilities, allowing children to change clothes.
- Above all, when you do choose to start using changing rooms, all considerations and mitigations must be in line with current Government guidance and be captured within your risk assessment and compliance must be monitored on an ongoing basis.

SPECTATORS

Spectators will be permitted to view events on both public and private land in step three but need to adhere to social distancing rules and social gathering limits (groups of 30 outdoors and six people/two households indoors). Spectators are allowed indoors, but the total number of all participants, coaches, officials and spectators must be aligned with the ventilation rates permitted by the particular venue. You can find more information about this [here](#). During step three, there should not be more than 1,000 spectators indoors at any venue. At larger events, capacity limits for spectators set by the Government will apply. For indoor events this is 1,000 or 50% of capacity and for outdoor events this is 4,000 or 50% of capacity (whichever is lower in both cases). Participants at all events must observe social distancing.

PARENTS/CARERS

Where activities and facilities can accommodate this safely, parents and carers are permitted to be present at football activities, although they must observe the relevant Government Covid-19 guidance, including those on social gathering limits for spectators.

INDOOR FOOTBALL AND FUTSAL

From step three, organised indoor adult and children's football can return. For organised indoor sport and physical activity, there's no limit on group numbers so long as people adhere to capacity restrictions on indoor facilities. The maximum occupancy of each indoor facility should be limited by providing a minimum of 100 square ft per person. All participants should wear a face covering in indoor settings when not taking part in activity, unless exempt.

4a. Community Sessions (Outdoors)

Football and sport-based activities (both contact and non-contact) are permitted to run outdoors. Sessions may take place with up to 30 people in a group. Our usual ratios of 1 coach to 16 participants must still be adhered to.

The following should be taken into consideration on a project by project basis when deciding on group size:

- Space available to deliver to group numbers

- National advice and guidance
- Risk Assessments
- Type of programme
- Participants and staff being comfortable to take part and deliver in higher numbers

Social distancing should still be adhered to where possible when not engaged in the activity. For example during water breaks. All delivery protocols must be adhered to at all times.

Session ratios / numbers should be included on all risk assessments.

4b. Community Sessions (Indoors)

From May 17th 2021, organised indoor adult and children's football can now return. For organised indoor sport and physical activity, there's no limit on group numbers so long as people adhere to capacity restrictions on indoor facilities. The maximum occupancy of each indoor facility should be limited by providing a minimum of 100 square ft per person. All participants should wear a face covering in indoor settings when not taking part in activity, unless exempt. Contact based sessions are allowed. Our minimum ratios of 1 coach to 16 participants must still be adhered to at all times.

The following should be taken into consideration on a project by project basis when deciding on group size:

- Space available to deliver to group numbers (minimum of 100 square ft per person required)
- National advice and guidance
- Risk Assessments
- Type of programme
- Participants and staff being comfortable to take part and deliver in higher numbers

Social distancing should still be adhered to where possible when not engaged in the activity. For example during water breaks. All delivery protocols must be adhered to at all times.

Session ratios / numbers should be included on all risk assessments.

4c. Matches (Outdoors)

In this phase of the resumption of sessions, competitive match play will be permitted outdoors. Risk assessments must be in place. In addition to the standard delivery protocols set out and being followed. The following additional 'match specific' procedures must be adhered to in line with FA guidance:

- In competitive football activities the Covid-19 officer of each club must ensure a safety briefing is provided before the commencement of any fixture. This briefing will remind both sets of players and officials about their responsibilities in complying with the FA Code of Behaviour
- Pre-match handshake should not happen. Instead players will be asked to hand sanitise before kick-off;
- Team talk huddles should not take place. Team talks can take place, as long as social- distancing is observed and held outdoors where possible;
- Warm-ups/cool-downs should always observe social distancing;

- Coaches, other team staff and substitutes are allowed, but must also always observe social distancing on touchlines/dug-outs. Social-distancing must also be observed during interactions when a substitution is being made;
- Match preparation meetings by officials should be held by video call;
- Set plays – free kicks: referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls;
- Set plays – corners should also be taken promptly to limit prolonged close marking and goal posts should be wiped down before matches, after matches and at half time.
- Goal celebrations should be avoided;
- Interactions with referees and match assistants should only happen with players observing social distancing;
- Small-sided football should be modified to provide more regular hygiene breaks in activity. Players should be discouraged from touching boards at any time, with tackling against boards discouraged. Referees should consider stopping play when this happens.
- Youth football coaches are encouraged to limit persistent close proximity of participants during match play (where young participants may be more likely to cluster around the ball) and provide regular hygiene breaks in activity.
- Other formats of the game may require specific adaptations, and participants should work with their club or facility provider to ensure these can be put in place.
- Face coverings: All participants should follow the Government guidance on face coverings.
- The nature of football means that the ball is not frequently handled. When the ball goes out of play it should not be retrieved by non-participants and should be retrieved using the feet rather than the hands where possible. Where there are breaks in the game, or training, if throw-ins or handling has occurred the ball should be disinfected.

4d. Festivals and Tournaments (Indoors and Outdoors)

Attendance at and organising of festivals and tournaments are now permitted. A risk assessment must be obtained from the organiser of the event ahead of attendance to ensure measures have been put in place to protect players.

5. Delivery Protocols

Standard protocols will be split into three sections to ensure that everyone is clear on their role in keeping activities safe:

1. **Project Officers / Managers** – the top level approach to coordinating the return of sessions. Project Officers/Managers will be responsible for ensuring activities are safe to return and that delivery staff are adhering to protocols for their sessions.
2. **Delivery Staff and Volunteers** – These ‘frontline’ staff will be delivering activities and will be ensuring that all participants and their families are adhering to the protocols we outline. Staff and volunteers are expected to understand all protocols in advance of delivering any session. Training will be provided.

3. **Parents/Participants** – Protocols have been provided that all parents and participants must adhere to if taking part in sessions.

1. **Protocols for Project Officers / Managers**

- 1 **Pre session**

- a) Initial risk assessment conducted
- b) Financial viability assessment conducted
- c) Discussion with funders/partners on restart
- d) Session signed off by CEO to take place
- e) Registration and payment for sessions via website where possible, only participants who have registered in advance can take part
- f) Groups split into pre-determined bubbles of up to 30 participants to reduce mixing
- g) Player attendance list shared with project lead (important for test track and trace)
- h) Information sent out via email to participants advising of government and FA guidelines, participant protocols, social distancing, test track and trace, not to attend if feeling ill and to inform coach immediately during session if they do not feel right.
- i) Statement sent out to participants on what we are doing to keep them safe pre session
- j) Group and coach informed of venue information (E.g. use of changing rooms, whether toilets are available etc)
- k) Venues used must have handwashing facilities or alternatively hand sanitizer must be provided for the group
- l) All staff must complete training on how to dispose safely PPE:
<https://www.youtube.com/watch?v=oUo5O1JmLHQ>
PPE ordered and obtained (face masks, antibacterial spray and wipes, hand sanitizer) First aid
- m) kits must have a face mask and gloves
- n) Employees may wear face masks if they so wish
- o) Training provided to staff on COVID protocols
- p) Appropriate levels of staffing to comply with safeguarding at all sessions.
- q) Each staff member should bring their own organisation issued equipment. They are responsible for cleaning and looking after their own equipment.

- 2 **Travel to work/session**

- a) If any staff member, participant or a family member feels unwell, and believes they may have COVID like symptoms please contact the project officer to inform them and DO NOT attend the session. Proceed to follow government guidelines and testing as outlined in info pack. All staff attending a session are required to complete a symptom self-check form prior to each session and have a copy recorded on file.
- b) Players and staff should travel independently at all times unless accompanied by another household member.
- c) Avoid public transport where possible
- d) Participants and staff must stick to the strict arrival times that they have been given

- 3 **Start of session**

- a) Project officers/managers expected to observe sessions for quality assurance and ensuring staff are following protocols
- b) Dynamically risk assess the venue on arrival
- c) Allocated space for water bottle and one bag socially distanced from other people's items

- d) Set out area the activity taking place in
- e) No walk on participants unless it is a pre-authorized session. All participants should have registered online for session in advance. Spectators are allowed but should social distance at all times, this includes at training sessions.
Participant to register attendance with coach on arrival (where over 18 they should be
- f) advised to also sign in on track and trace)
- g) Safety briefing with all participants before activity
- h) Code of conduct agreed with players. Spitting is banned in any form. No handshakes, fist bumps or similar.
- i) Players split into the pre-set allocated bubbles where required
- j) Hand sanitizer station should be set up for participants to use on arrival

4 During session

- a) Project officers/managers expected to observe sessions for quality assurance and ensuring staff are following protocols
- b) Activities all planned to be socially distanced
Sharing of equipment to be as limited as possible, refrain from using hands or keep activities
- c) on an individual basis
- d) Players to remain in their bubble groups at all times with the same coach

5 End of session

- a) Project officers/managers expected to observe sessions for quality assurance and ensuring staff are following protocols
- b) All equipment to be cleaned with antibacterial sprays ahead of further use. This will be done using wipes/disinfectant spray and cleaning materials will be disposed of immediately in black bags provided and double bagged.
- c) All participants de-registered
- d) Where more than one session is taking place, session times must be staggered to ensure safe dismissal of previous group and adequate cleaning time before arrival of next group
- e) Catch up call with coach to discuss how session went

2. Protocols for delivery staff/volunteers

1 Pre session

- a) Ensure you have completed training session on social distancing
- b) Receive register from project officer
- c) Ensure you have adequate equipment: First Aid Kit (with gloves and mask), Hand Sanitizer, Antibacterial Spray/Wipes, Equipment for session (enough for one per person)
- d) Ensure you have received risk assessment document from project officer/manager
- e) Complete training on how to safely dispose of PPE:
<https://www.youtube.com/watch?v=oUo5O1JmLHO>
Session plans should be prepared to take into account COVID safe activity (reduce mixing, no sharing of equipment)
- f) Staff may wear face masks if they wish, provided they do not affect the communication within the session itself. Please speak to the project officer if you want one
- g) Each staff member should bring their own organisation issued equipment. The staff member is responsible for cleaning and looking after their own equipment.

2 Travel to work/session

- a) If any staff member, participant or a family member feels unwell, and believes they may have COVID like symptoms please contact the project officer to inform them and DO NOT attend the session. Proceed to follow government guidelines and testing as outlined in info pack. All staff attending a session are required to complete a symptom self-check form prior to each session and have a copy recorded on file.
- b) Players and staff should travel independently at all times unless accompanied by another household member.
- c) Avoid public transport where possible
Staff must allow enough time to set up and prepare the area, including cleaning where the venue may have had a previous group taking part.
- d) venue may have had a previous group taking part.

3 Start of session

- a) Dynamically risk assess the venue on arrival
- b) Allocated space for water bottle and one bag socially distanced from other people's items
- c) Set out area the activity taking place in. The size of area used must ensure social distancing of 2m can take place between players when not taking part in activity.
- d) No walk on participants unless it is a pre-authorized session. All participants should have registered online for session in advance. Spectators are allowed but should social distance at all times, this includes at training sessions.
- e) Participant to register attendance with coach on arrival
- f) On registration you will ask each player if they have any COVID 19 symptoms using the COVID checker document. These should be stored safely and given back to your line manager. Staff reserve the right to turn anyone away if they believe they have symptoms.
- g) Safety briefing with all participants before activity
- h) All players and staff will be asked to use the hand sanitiser provided prior to starting a session. A station should be set up for participants to use on arrival.
- i) Participants and staff will arrive in their training kit and wash this themselves each day.
- j) Code of conduct agreed with players. Spitting is banned in any form. No handshakes, fist bumps or similar.
- k) Social distancing rules reinforced by coach
- l) Players split into pre-set allocated bubbles where required

4 During session

- a) Players and staff must always observe social distancing guidance issued by the Government when not taking part in activity keeping at least 2 metres apart, session planning should factor this in.
- b) Sharing of equipment to be as limited as possible, refrain from using hands or keep activities on an individual basis.
- c) When the ball goes out of play, it should not be retrieved by non-participants and should be retrieved using the feet rather than the hands where possible
- d) Bibs must not be swapped between players
- e) When training in larger groups or as a squad – players individual drinks will be spaced out around the pitch to maintain a distance of 2 metres when taking drinks breaks.
- f) Players to remain in their bubble groups
- g) Essential and/or emergency treatment will be provided if needed. Staff are required to wear PPE (gloves, mask, eyewear)
- h) Where goalposts are being used, these should be wiped down regularly. In matches this should be done before, at half time and after a match.

5 End of session

- a) All participants de-registered when leaving
- b) All equipment to be cleaned with antibacterial sprays ahead of further use. This will be done using wipes/disinfectant spray and cleaning materials will be disposed of immediately in black bags provided and double bagged.
- c) Where more than one session is taking place, session times must be staggered to ensure safe dismissal of previous group and adequate cleaning time before arrival of next group
- d) Report any concerns to project officer/manager immediately

3. **Protocols for Participants**

1 Pre session

- a) Participants must register in advance to sessions, this includes providing up to date medical contact details and to sign a consent form for activity
- b) Participants and/or parents/guardians are expected to read through the government guidance and any documentation shared by NTFC CT
- c) Participants will be required to take their own water bottles
- d) Where required, session payments are to be made using the NTFC CT website where possible.
- e) Some venues may not have access to toilet facilities, please check with your NTFC contact prior to the session taking place if you have any questions or concerns
- f) If you have additional disability or medical needs, please ensure that you have discussed this specifically with the coach prior to the session.
- g) You may already be aware that the period of isolation may have resulted in you or your child becoming anxious or unsure whether to resume previous activities, such as football. Please only support their return to activity when they feel confident to do so and you feel the activity is safe and right for them.
- h) Young children may struggle to maintain social distancing. Please continue to do your best to help your child recognise what two metres or 'one-metre plus' look and feel like – for example, related them to arm spans or standing jumps for example;
- i) Please ensure your child/children know how to maintain good hygiene and hand washing;
- j) You should arrive changed and ready to exercise.

2 Travel to session

- a) If any participant or a family member feels unwell and believes they may have COVID like symptoms please contact the NTFC CT project officer or coach to inform them and DO NOT attend the session. Proceed to follow government guidelines and testing as outlined in info pack
- b) Participants should travel independently at all times unless accompanied by another household member.
- c) Avoid public transport unless absolutely necessary.
- d) Participants must stick to the strict arrival times that they have been given
- e) If participants arrive early, they must wait in the car until the allocated session start time
- f) If Parents/Guardians want to stay, they are advised to remain in their cars and should not congregate. Spectators are allowed but should social distance at all times, this includes at training sessions. Where social distancing measures are not being followed, or large crowds gather, parents may be asked to leave.

3 Start of session

- a) Participants must arrive in their training kit ready to take part in activity. Changing facilities may not be available. Sharing of player clothing (e.g. training tops) is prohibited.
- b) Participant to register attendance with coach on arrival
- c) You will be required to complete a symptoms questionnaire on arrival to each session to confirm that you are free from symptoms of Corona Virus. Staff reserve the right to turn anyone away if they believe they have symptoms
- d) Participants will be provided with an allocated space for water bottle and one bag socially distanced from other people's items at a distance of 2m.
- e) Safety briefing with all participants before activity
- f) All players and staff will be asked to use the hand sanitiser provided prior to starting a session

- g) Code of conduct agreed with players. Spitting is banned in any form. No handshakes, fist bumps or similar.
- h) Players split into allocated bubble groups and should avoid mixing where possible

4 During session

- a) Players and staff must always observe social distancing guidance issued by the Government keeping at least 2 metres apart where possible when activities are not taking place
- b) Sharing of equipment to be as limited as possible, refrain from using hands to pick up footballs. All equipment will be cleaned regularly using antibacterial wipes/spray both during and at the end of a session.
- c) Bibs must not be swapped between players.
- d) Avoid touching equipment e.g. cones and footballs. When the ball goes out of play, it should not be retrieved by non-participants and should be retrieved using the feet rather than the hands where possible.
- e) Players individual drinks will be spaced out around the pitch to maintain a distance of 2 metres when taking drinks breaks. Do not share your drinks bottle with anyone.
- f) Players to remain in their bubble groups with the same coach
- h) Essential and/or emergency treatment will be provided if needed. Staff to wear PPE (gloves, mask)
- i) Spitting of any sort is banned. If you need to sneeze or cough, you are encouraged to do so into a tissue or upper sleeve and advised to avoid touching your face. Ensure any tissues are disposed of in a sealed bin as soon as possible.
- j) If you become symptomatic during the session, you should inform the coach and immediately remove yourself from the session and return home as soon as possible. NHS guidance on further management of symptoms should be followed. Participants under 18 will wait in a secure outdoor allocated area under supervision until they are collected.
- k) Hand sanitizer will be available to use at any time

5 End of session

- a) All participants to de-register with coach before leaving. Participants must not congregate and must leave after session is complete following any traffic flow systems in place at the venue
- b) All equipment will be cleaned with antibacterial sprays ahead of further use. This will be done using wipes/disinfectant spray and cleaning materials will be disposed of immediately in black bags provided and double bagged.
- c) Where more than one session is taking place (delivered by NTFC CT), session times will be staggered to ensure safe dismissal of previous group and adequate cleaning time before arrival of next group
- d) Report any concerns to project officer/manager immediately
- e) Hands should be washed after the session at the earliest opportunity

6. Personal Protective Equipment (PPE)

Providing social distancing measures are carried out there should be no requirement for any staff member to wear PPE unless dealing with an injury. Whilst there is no requirement, where staff would like to use a face mask, this will be permitted provided it does not pose a risk in communication.

Northampton Town Football Club Community Trust will ensure that:

- All staff will be provided with the following items for sessions:
 - o Face Mask (stored in first aid kit)
 - o Disposable Gloves (stored in first aid kit)
 - o Eye protection (stored in first aid kit)
 - o Hand Sanitizer

- Any member of staff performing first aid treatment must wear appropriate PPE throughout the treatment, which must include:
 - o Face mask
 - o Disposable gloves
 - o Eye protection

- Staff must review the 'COVID-19: Removal and disposal of personal protective equipment (PPE) video before delivering any sessions:
<https://www.youtube.com/watch?v=oUo5O1JmLH0>

- Clean hands thoroughly with soap and water or alcohol sanitiser before putting on and after taking off PPE. In all circumstances where some form of PPE is used, the safe removal, discarding and disposal of the PPE is a critical consideration to avoid self-contamination.

- Face masks provided are single use only and must be disposed of after use.

- All used PPE items are to be disposed of in black bags which will also be provided to staff, these will be tied up and thrown away in bins after each session is complete.

- Hand sanitiser dispensers are freely available throughout the office and stadium, handwashing facilities are clearly signposted and soap dispensers are adequately filled at all times. Where sessions are taking place in community venues, details of handwashing stations will be shared with participants on arrival. Each staff member will have access to hand sanitizer that can be used by the group. Where supplies are running low, staff must inform project officers or the COVID-19 Officer in advance to purchase additional.

- Staff must also inform their line manager of additional PPE requirements where items have been used up in advance of sessions.

- Guidance on types of PPE to be used is as follows:

What are the hazards?	Gloves	Apron	Fluid-resistant long-armed gown/coveralls	Fabric/cloth mask [^]	Fluid-resistant Surgical Face mask Type IIR	Filtering Face Piece Respirator 3 (FFP3) mask ^{^^}	Eye Protection Goggles/Full face visor in addition to personal spectacles
	SINGLE USE [*]	SINGLE USE [*]	SESSIONAL USE ^{**}	SESSIONAL USE ^{**}	SESSIONAL USE ^{**}	SESSIONAL USE REUSABLE ^{***}	SESSIONAL USE REUSABLE ^{***}
NON-MEDICAL SCENARIO Where social distancing may be compromised [†] including at training	X	X	X	✓	X	X	X
LEVEL 1 Where government-advised distancing may not be maintained at all times	X	X	X	X	✓	X	X
LEVEL 2 Within 2m of player, which may include face to face contact for assessment and management of all individuals including those who are positive or symptomatic	✓	✓	X	X	✓	X	✓
LEVEL 3/AGP Aerosol-generating procedure (AGP or high potential for aerosol)	✓	X	✓	X	X	✓	✓

[^] 3 layers: 1st water absorbent cotton | 2nd filter layer | 3rd is water resistant⁴⁶

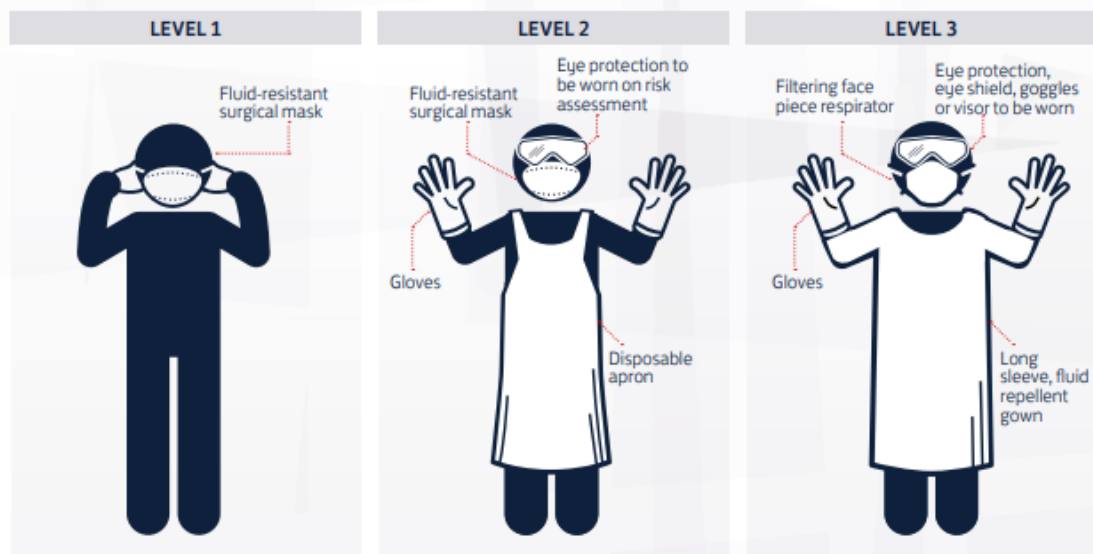
^{^^} Please be aware WHO⁴⁶ does recommend FFP2 mask as an alternative in FFP3. However FFP3 is included in this framework as this is in line with PHE

^{*} Single use: Equipment that must be changed after each contact

^{**} Sessional use: Worn for a period of time when undertaking duties in a specific clinical care setting/exposure environment; a session ends when the responder leaves this defined remit; however, it should be disposed of if it becomes moist, damaged or visibly soiled;

^{***} Reusable equipment appropriately decontaminated to PHE standards that can be reused⁴³.

FIGURE 1: PERSONAL PROTECTIVE EQUIPMENT (PPE)



7. First Aid

First aid may be required to be administered during sessions. PPE has been provided to support this. The following advice has been taken from St Johns ambulance to support safe delivery of first aid where required.

1. Be aware of the risks to yourself and others
2. Keep yourself safe
3. Give early treatment
4. Remember your own needs

Be aware of the risks to yourself and others

When approaching a casualty there is always a risk of cross contamination — especially when you may have to get close to the casualty to assess what is wrong or to check their breathing. It is always important to be aware of the risks of how this cross contamination has occurred.

Keep yourself safe

In line with government advice, make sure you wash your hands or use on alcohol gel, before and after treating a casualty also ensure that you don't cough or sneeze over a casualty when you are treating them.

Don't lose sight of other cross contamination that could occur that isn't related to COVID-19.

- Wear gloves or cover hands when dealing with open wounds
- Cover cuts and grazes on your hands with waterproof dressing
- Dispose of all waste safely
- Do not touch a wound with your bare hand
- Do not touch any part of a dressing that will come in contact with a wound

Remember your own needs

These are challenging and uncertain times for all. The COVID-19 outbreak has meant a lot of upheaval and worry for people. In order to help others, you will also need to look after your own needs. Make sure you take time to talk about your fears and concerns with someone you trust and to take out time to look after yourself.

All staff are expected to read through the latest FA guidance on first aid which outlines how to deal with a full range of medical emergencies during COVID:

Further guidance from St Johns Ambulance can be found here: [guidance](#)

In the event of a sudden cardiac arrest (SCA)

It can never be certain that a participant does not have Covid-19, even in absence of symptoms. The following guidance is based on risk mitigation, and the assumption that someone could be infected during all medical care provision, including in an arrest scenario (please also refer to **Figure 1**). SCA is a recognised potential medical emergency that can occur in football, further complicated by cardiac involvement recognised as a complication of Covid-19. Therefore it must be included in all risk assessments, carefully considering updated precautions for this period, and adopt any appropriate recommended provisions before returning to training.

SCA in ADULTS OVER 18

During this Covid-19 pandemic rescue breathing is considered outside the scope of first aid practice. In adults, it is recommended that you do not perform rescue breaths or mouth-to-mouth ventilation; perform chest compressions only.

- Confirm no signs of life (see **Figure 1**);
- Early call for medical assistance will be vital:
 - Ambulance;
 - AED (refer to the risk assessment for location, and send someone to collect immediately).
- Chest compressions are considered an aerosol generating procedure (AGP), which has a higher risk of Covid-19 transmission, and so for the safety of the responders the following precautions are required:
 - Before commencing chest compressions a covering should be placed over the player's face, this can in the form of a hand towel or cloth. This covering should provide sufficient cover to cover the players mouth and nose whilst still permitting breathing to restart following successful resuscitation.
 - The responder should place their hands together in the centre of the chest and push hard and fast (a rate of 100-120 compressions per minute, at a depth of 5-6cm of the chest width) providing continuous chest compressions.
 - Compression-only CPR may be as effective as combined ventilation and compression in the first few minutes after cardiac arrest.

- All other players and individuals involved in the training session should be asked to vacate the vicinity if they are not involved in the resuscitation.
- If available the first aider/coach should wear appropriate PPE (gloves, apron, fluid-resistant face mask and goggles) and all other helpers advised the same:
 - The club EAP should account for this scenario and ensure the availability of appropriate PPE to respond to this situation.
- The AED should be applied as soon as it arrives:
 - Follow the guidance as advocated by the AED (see **Figure 1**).
- If possible, swap responders providing chest compressions as often as required and at least following every AED analysis (or every two minutes in the absence of an AED) to ensure appropriate rate and depth is achieved;
- Once the ambulance service arrives please hand over responsibility to the ambulance service;
- After performing compression-only CPR, all rescuers should wash their hands (and face if no mask or eye protection worn) thoroughly with soap and water; alcohol-based hand gel is a convenient alternative. They should also seek advice from the NHS 111 coronavirus advice service and their club medical adviser if concerned about Covid-19 symptoms.

SPECIFIC REFERENCE TO PLAYERS UNDER 18 YEARS OF AGE SUFFERING A SUDDEN CARDIAC ARREST (SCA) (see Figure 2)

- Because cardiac arrest in those below the age of 18 can often be due to reasons other than cardiac (from the heart), such as respiratory (lung) problems, ventilation is crucial to the child's chance of survival. However, for those not trained in paediatric resuscitation the adult process detailed above can be followed.
- The most important thing is to ensure treatment is provided quickly;
- If a child player is not breathing normally and no intervention is provided, their heart will stop and full cardiac arrest will occur. Therefore, ensure early chest compressions and AED application as soon as possible, deliver defibrillation early when indicated, and ensure medical help/emergency services are on their way;
- It is very likely in the football setting that the child player is well known to you, and to not perform ventilatory support might not be an option you wish to take, despite the risk to the responder. If the decision is made to perform rescue breathing (due to compression only CPR likely to be less effective if a respiratory problem is the cause) please use a face shield or pocket mask with a one-way filter valve:
 - If the responder is wearing a mask this will be required to be removed to provide rescue breaths.
- Providing rescue breaths will increase the risk of transmitting the COVID-19 virus, either to the rescuer or the player. However, this risk is small compared to the risk of taking no action as this will result in certain cardiac arrest and the death of the child;
- Should you have provided rescue breathing, there are no additional actions to be taken other than to monitor yourself for symptoms of possible Covid-19 over the following 14 days.

OTHER POTENTIAL INJURIES THAT OCCUR DURING FOOTBALL TRAINING

Your first duty of care as first aider or coach is to yourself and it is imperative you take all advised precautions and other first aid providers have also advocated similar advice. The vast majority of incidents you will encounter on the training pitch can be managed without the need to get close to a player, where you would come into contact with cough droplets. Sensible precautions will ensure you are able to treat a player effectively without compromising social distances. NTFC CT have taken the position of putting safety first through risk mitigation, recommending that PPE is required (as a minimum: disposable gloves and a fluid-resistant surgical mask highly recommended) for those with a duty to respond to a player.

IF THERE IS LOSS OF CONSCIOUSNESS

If the mechanism of an injury has not been witnessed one must assume that a head/neck injury is present until proven otherwise. Manual Inline Stabilisation (MILS) will be required. In

these circumstances there is potential for an airway compromise, particularly so when a player has lost consciousness or, has an altered level of consciousness. As a minimum the responder must approach safely wearing appropriate PPE (gloves, fluid-resistant face mask and goggles).

IF THERE IS A COMPROMISED AIRWAY (LOSS OF CONSCIOUSNESS TONGUE OCCLUDING THE AIRWAY OR CHOKING)

A simple head tilt chin lift (in the absence of any suspected head or neck injury) or jaw thrust can be applied wearing appropriate PPE (gloves, fluid-resistant face mask and goggles) after first ensuring there is nothing occluding the player's airway.

Please note: Airway management with the potential to cause a cough or sneeze would be considered an aerosol generating procedure (AGP) and as such a higher level of PPE would be required, and so considered out of the scope of the first aider. On recognising airway difficulty, immediately call for medical assistance because an ambulance will be essential. If the player is choking, then the responder ideally in appropriate PPE (gloves, apron, fluid-resistant mask and goggles) can approach the player from behind and follow the choking algorithm (up to five back slaps, followed by up to five abdominal thrusts, repeated until the airway is clear). Emphasis on care when checking the airway between sets is advised as this is an aerosol generating procedure and PPE is not at the level to negate this additional risk.

Head injuries/cervical injuries/medical emergencies that don't involve the airway/fractures and muscular injuries.

Are not considered aerosol generating procedures and can be dealt with as normal by a first aider with appropriate training, wearing the appropriate PPE (disposal gloves, apron and fluid-resistant face mask). If no first aider is present then the coach can assist from a distance (ideally more than two metres away) until a parent, an household member or the first aider or ambulance arrive.

To reiterate – the safety of the responder is paramount, and no-one is expected to provide care which jeopardises their own personal health or safety. In an emergency situation, where suitable PPE is not available, the coach or potential helper must consider the potential risks to both themselves and the player and decide what level of care they feel is reasonable, or what level of care they are able to provide in the absence of PPE. This may include compromising social distancing and being within two metres of the player or providing no assistance at all until the ambulance arrives, or until appropriate PPE is made available.

Fig. 1 - ADULT EMERGENCY FIRST AID ALGORITHM FOR NON-ELITE FOOTBALL DURING COVID-19 IN THE ABSENCE OF LEVEL 3 PPE

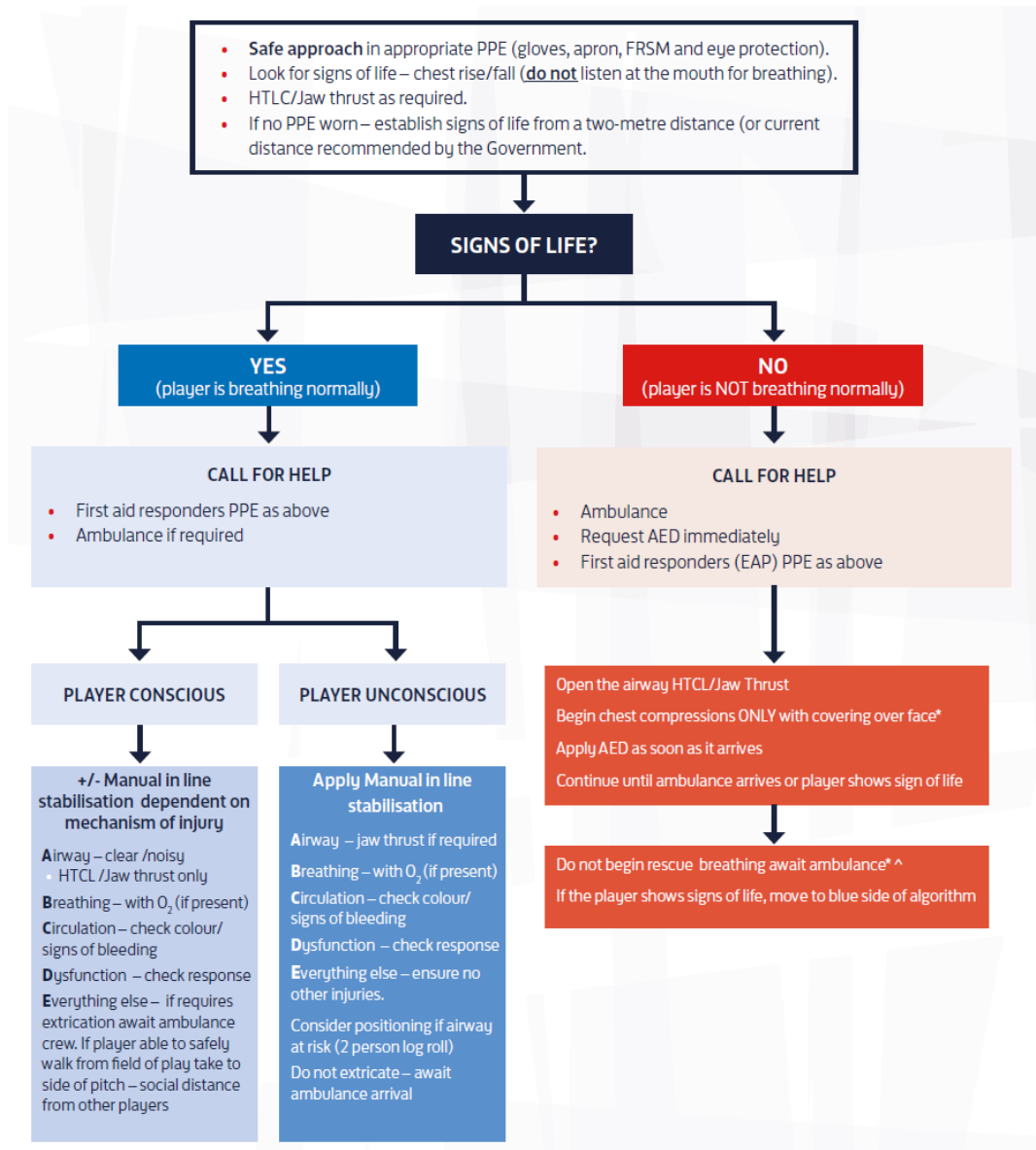
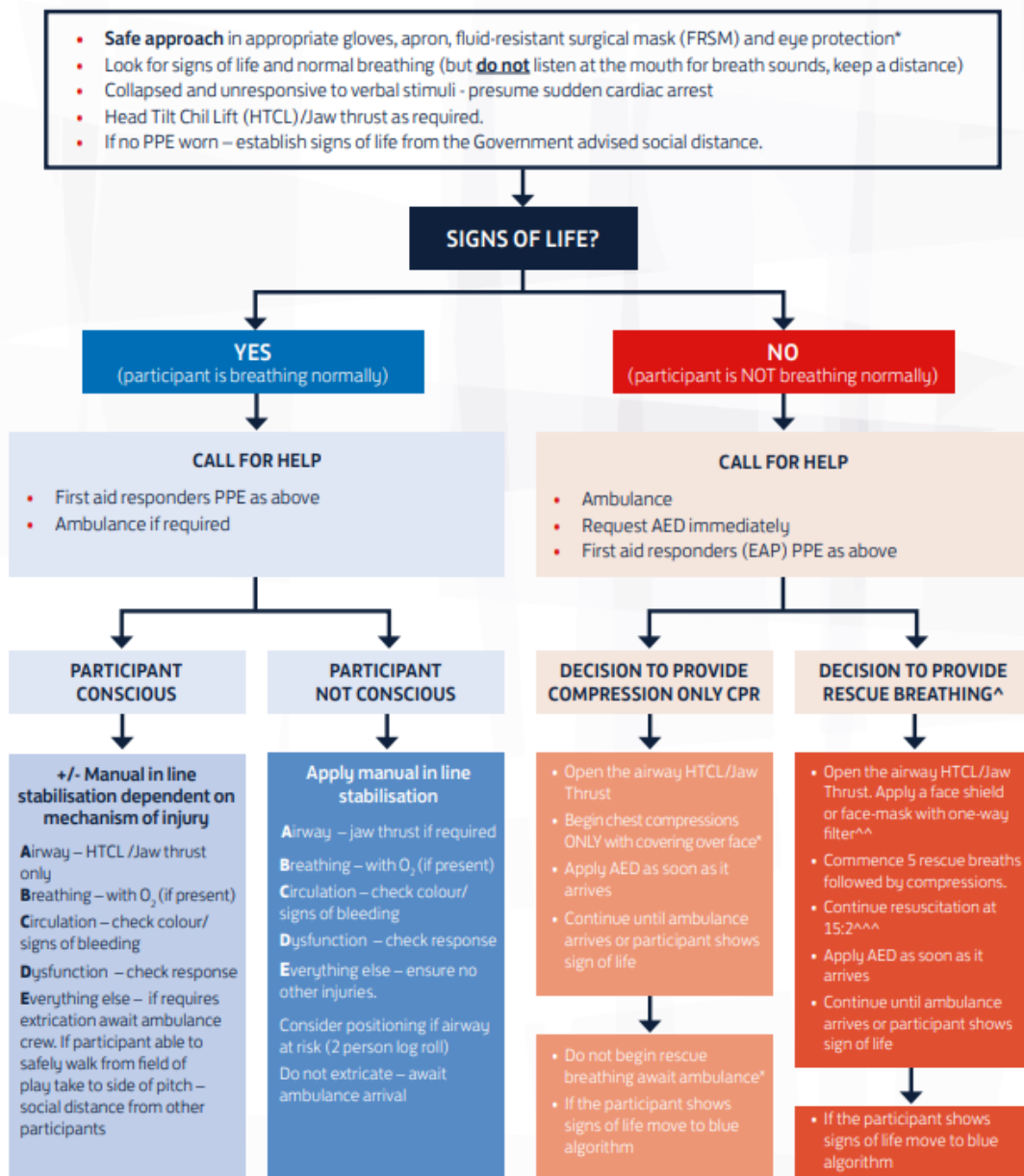


Fig. 2 - PAEDIATRIC EMERGENCY AND FIRST AID CARE ALGORITHM FOR NON-ELITE FOOTBALL DURING COVID-19 IN ABSENCE OF LEVEL 3 PPE



* If the club has health care professionals (HCPs) on site a face covering can be a non-rebreather mask attached to oxygen at 15L/min. If suitably qualified and Level 3 PPE available rescue breathing with airway adjuncts can be commenced before ambulance arrives (elite sport framework²³). Once airway intervention has occurred all staff in Level 2 PPE must move away 2m pitchside (or out of the room indoors), leaving only responders wearing Level 3 PPE.

[^] An individual decision to perform rescue breathing due to compression only CPR likely to be less effective if a respiratory problem is the cause in a child

^{^^} If rescuer is wearing a mask this will have to be removed. There are no additional actions to be taken after providing rescue breathing other than to monitor for symptoms of possible COVID-19 over the following 14 days. HCPs can use a bag valve mask with a viral filter.

^{^^^} The paediatric ratio of 15:2 (15 compressions to 2 rescue breaths) can be provided or if more familiar with the adult provision of 30:2 this can be equally applied. The emphasis is on the speedy provision of resuscitation. Breath provision is one second as per an adult and depress the chest 4-5cm in a younger child/adolescent.

8. Working from external sites

NTFC CT will ensure that agreements / SLAs with external partners include assurances that the Covid19 policy and procedures is equal to the minimum standards set out in this policy before any work commences. **Checklist Appendix 5**

Staff who deliver from or visit other premises should ensure that they are fully briefed about how safer working practices are being operated upon that site including health and safety and safeguarding lead staff. Ideally a briefing / induction session will be arranged

9. Protecting Vulnerable Staff and Ensuring Equality

NTFC CT has a responsibility to make sure that steps taken do not have an unjustifiable negative impact on some groups compared to others, for example, those with caring responsibilities or those with religious commitments and will make reasonable adjustments to ensure that disabled workers and those with health risks are not being put at a disadvantage.

In line with Government Guidance, SSP will be paid from day one to all staff that need to self-isolate.

Vulnerable Staff

Staff who need to be shielded will be furloughed if they cannot work from home and NTFC CT will aim to manage work rotas in order to support these staff. Where staff have family members who are vulnerable risks will be assessed and measures put in place to address needs. For information about family support, compassionate leave and parental leave, staff should consult the Employee Handbook.

BAME

Following data published by UK Government, NTFC CT acknowledges that staff and participants from BAME backgrounds have an increased risk with regard to the impact of Covid19. Activities will be risk assessed with this in mind and additional precautions, provision of PPE or re assignment of roles will be completed in consultation with individuals and groups who may be affected

Contact details

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Reviewed & Updated: May 2021

NTFC CT will review this **COVID-19 Return to Activity Policy** at least every three months. In addition, more frequent reviews will be undertaken following any major incidents, learning outcomes, organisational changes or changes to legislation and government advice.

A handwritten signature in black ink, appearing to be 'P. Smith', with a long horizontal stroke extending to the right.

Phillip Smith - CEO

A handwritten signature in black ink, appearing to be 'S. Desborough', with a long horizontal stroke extending to the right.

Scott Desborough - Chair of Trustees



CORONAVIRUS
WASH YOUR HANDS
MORE OFTEN
FOR 20 SECONDS

**Use soap and water or a
hand sanitiser when you:**

Get home or into work

Blow your nose, sneeze or cough

Eat or handle food

CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**

For more information and the Government's
Action Plan go to **nhs.uk/coronavirus**



HM Government



Coronavirus

Wash your hands with soap and water more often for 20 seconds

1



Palm to palm

2



The backs of hands

3



In between the fingers

4



The back of the fingers

5



The thumbs

6



The tips of the fingers

Use a tissue to turn off the tap.
Dry hands thoroughly.

CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**

Appendix 5 – Venue checklist

All questions need to be satisfied before agreement for staff to work.	In place?		To be actioned Date	By Whom
	Yes	No		
1.1 Social Distancing: Are social distancing methods established?				
1.2 Hygiene: Is hand sanitizer available at entrances and exits to rooms?				
1.3 Signing in: Is there an arrival system in place?				
1.4 Signing in: Is there a temperature check on arrival?				
1.5 Movement: Are staff and participants aware of any one way or movement systems?				
1.6 Work Processes break times: Are processes in place for managing 'free time / breaks with regard to social distancing?				
1.7 PPE: Are there any activities that require PPE ie. less than 1m distance? Does the school have PPE available or does this need to be provided by NTFC CT?				
1.8 Risk Assessments: Does the school have written risk assessments for all activities?				
1.9 Reporting: Does the school/venue have a named person to whom concerns should be reported?				
2.0 Reporting: Does the school/venue have a system for registering and tracking all people on site?				
2.1 Cleaning and Waste: Does the school/venue have an upgraded Covid cleaning schedule?				
2.2 Cleaning and Waste: Are there systems in place for disposing of waste where a known infection has occurred?				
2.3 Premises management: Has maximum room occupancy been established?				
2.4 Premises management: Are visual reminders of expectations on display?				
2.5 Premises management: Are floor marking and social distancing stickers in use?				
2.6 Other concerns from NTFC CT Officer/Manager				
2.7 Venue has registered for NHS test and trace. Location of QR code has been made available				
2.8 Permitted ventilation rates (indoor activity)				

Have the permitted numbers allowed indoors relating to ventilation rates been provided? (including spectators)				
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Appendix 6 - Advice on area usage

A key factor is spatial orientation. Training drills and sessions will be modified and manipulated to achieve distancing of 2 metres whenever possible and to increase area per player.

A risk profile will be built for individual training drills based on drill size, duration, activity type, physical nature, and interactions. and training sessions will be risk assessed from the training drills for each training session to assess the risks from each session.

Size of area per player

The area of a pitch (length x width (m²)) relative to the number of Players involved (area per player (m²)) is a key training design factor. The space each Player has within a training drill will help inform an assumed distance that may exist between Players (relative distance per player = √area per player (m)).

Maximising the distance between players in training drills relates to the opportunity players are in close interactions and, therefore, the perceived risk of transmitting infection. Maximising the distance between players in training sessions is a key risk mitigation strategy under this framework.

The table below shows the relative distance per player based on different training pitch sizes manipulated by pitch dimensions for an 11 v 11 and gives a pitch size classification.

Pitch	Length x width (m)	Area m ²	Number of players	Area per player m ²	Relative distance per player m ²	Drill size classification
Full pitch	106 x 66	6,996	22	318	18	Large
Box to box – full width	73 x 66	4,818	22	219	15	Large
½ pitch – full width	53 x 66	3,498	22	159	13	Medium
Box to box						

Players per Team (Exc GKs)	Pitch Length x Width (m)	Pitch Area (m ²)	Area per Player (m ²)	Relative Distance per Player (m)	Size Classification	Pitch Length x Width (m)	Pitch Area (m ²)	Area per Player (m ²)	Relative Distance per Player (m)	Size Classification	Pitch Length x Width (m)	Pitch Area (m ²)	Area per Player (m ²)	Relative Distance per Player (m)	Size Classification
1 v 1	7 x 5	35	17.5	4	Very Small	8 x 6	48	24	5	Very Small	9 x 7	63	31.5	6	Very Small
2 v 2	16 x 15	240	120	11	Very Small	16 x 18	288	144	12	Very Small	18 x 21	378	189	14	Very Small
3 v 3	20 x 15	300	100	10	Very Small	24 x 18	432	144	12	Very Small	28 x 21	588	196	14	Very Small
4 v 4	26 x 20	520	130	11.5	Very Small	32 x 24	768	192	14	Very Small	36 x 28	1008	252	16	Very Small
5 v 5	34 x 25	850	170	13	Small	40 x 30	1200	240	15.5	Small	46 x 35	1610	322	18	Small
6 v 6	40 x 30	1200	200	14.5	Small	48 x 36	1728	288	17	Small	56 x 42	2352	392	20	Small
7 v 7	46 x 36	1656	236.4	15.5	Small	56 x 42	2352	343.4	18.5	Small	64 x 50	3200	460	21.5	Small
8 v 8	52 x 40	2080	260	16.3	Medium	62 x 48	2976	372	19	Medium	74 x 56	4144	518	22.8	Medium
9 v 9	60 x 46	2760	307.5	17.6	Medium	70 x 54	3780	420	20.5	Medium	82 x 64	5248	581	24	Medium
10 v 10	66 x 50	3300	330	18.2	Medium	78 x 60	4680	468	21.6	Medium	92 x 70	6440	644	25.4	Medium

The following table will be used to classify the size of the training area/pitch for the training drills

Appendix 7 – Participant Code of Conduct

COVID-19 Code of Conduct <insert project name>

Northampton Town FC community trust are committed to providing safe and inclusive sessions for all. In line with our COVID-19 policy and return to activity protocols, the following code of conduct must be adhered to by all participants at Northampton Town FC Community Trust sessions. The fight against *COVID-19* is *everyone's responsibility* and by agreeing to and following the code of conduct, you are playing your part in ensuring sessions can take place safely.

In taking part in NTFC CT sessions I agree to follow the protocols outlined below:

	Protocols for Participants
1	Pre session
a)	I will register in advance for the session I will be attending, I will provide up to date medical contact details and will sign a consent form for activity.
b)	I agree to read through the government guidance and any documentation shared by NTFC CT.
c)	I will bring my own water bottle to training and will not share with anyone.
d)	Where required, I agree that paid sessions are to be made using the NTFC CT website. Please avoid paying in cash where possible.
e)	I understand that venues may not have access to toilet facilities and will check with my coach prior to the session taking place if I have concerns.
f)	If I have a specific disability or medical need, I will disclose this on registration.
2	Travel to session
a)	If I or any family member feels unwell and believes they may have COVID like symptoms I will contact the NTFC CT project officer or coach to inform them and WILL NOT attend the session. I will proceed to follow government guidelines and testing as outlined.
b)	I will ensure I travel independently at all times, unless accompanied by another household member and will not travel via public transport to training.
c)	I will adhere to the strict arrival times that they have been given and if I arrive early, I wait in the car until the allocated session start time.
d)	I understand that if a Parent or Guardian wants to stay, they are advised to remain in their cars and should not congregate. Spectators are allowed but should social distance at all times, this includes at training sessions. Where social distancing measures are not being followed, or large crowds gather, parents may be asked to leave.
3	Start of session
a)	I will register my attendance at the registration desk on arrival. It is advised that participants over the age of 16 also sign in using the NHS test and trace app on arrival at the venue.
b)	I will complete a symptoms questionnaire on arrival to each session to confirm that I/my child are free from symptoms of Corona Virus. Staff reserve the right to turn anyone away if they believe they have symptoms

c)	I will be provided with an allocated space for water bottle and one bag socially distanced from other people's items at a distance of 2m and will not share my drinks bottle with anyone at training.
d)	I will arrive in my training kit ready to take part in activity and understand that no changing facilities will be provided.
e)	I will take part in a safety briefing with all participants before activity.
f)	I will use hand sanitiser provided at registration desk.
g)	I understand that I will be split into allocated bubble groups and I agree to stay within these bubbles during all training sessions until advised otherwise.
4	During session
a)	I will always observe social distancing guidance issued by the Government keeping at least 1 metre apart whilst at sessions and understand that sessions will be planned to factor this in.
b)	I understand that sharing of equipment will be as limited as possible and I will refrain from touching any equipment including footballs.
c)	I understand that bibs or other clothing must not be swapped between players at any time
e)	I understand that spitting of any sort is banned, as well as handshakes, fist bumps or similar. If I need to sneeze or cough, I will ensure I do so into a tissue or upper sleeve and will avoid touching my face. I will ensure that any tissues are disposed of in a sealed bin as soon as possible.
f)	If I become symptomatic during the sessions, I will inform the coach immediately and remove myself from the session and go to the isolation area and return home as soon as possible. NHS guidance on further management of symptoms should be followed.
5	End of session
a)	I ensure I will de-register with my coach before leaving, leave via the designated exit route and will not congregate after the session has finished.
b)	I will report any concerns I may have to the project officer/manager immediately.
c)	I will wash my hands as soon as possible after the session at the earliest opportunity.
d)	I understand and accept that my contact details may be shared with NHS test and trace if required

Full Name: _____

Signed: _____ Date: _____

Please return this form to <insert project lead contact details>.

Appendix 9 – Key information sources

Coronavirus (COVID-19): guidance on the phased return of sport and recreation (May 2021)
https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation?utm_source=efdfb3de-a790-4a69-b272-18c0c54f3b31&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

The FA Guidelines (May 2021): https://www.thefa.com/home/news/2021/may/11/step-three-guidance-20210511?sc_src=email_1199113&sc_lid=90954413&sc_uid=zSkLk9JZUT&sc_lid=284

Activity Alliance – An inclusive return to activity (July 2020)

NHS updated guidance on self-isolation (May 2021): <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>

NHS Test and Trace - https://www.gov.uk/guidance/maintaining-records-of-staff-customers-and-visitors-to-support-nhs-test-and-trace?sc_src=email_570151&sc_lid=34784441&sc_uid=dx0mr1WPBJ&sc_lid=13897

Sport England return to play FAQ's (May 2021) - <https://www.sportengland.org/how-we-can-help/coronavirus/return-play>

The FA has produced downloadable posters and other communication tools on hygiene and social distancing. You can find them at the foot of the page [here](#).