



Fighting Fit Football COVID-19 Training Player Guidance

This document is aimed at all FFFC participants who are playing or returning to training during COVID-19 restrictions. It applies to adult competitive (i.e.: contact) training held by FFFC at Watford FC's training Dome, and covers players with Parkinson's, as well as those who help out on a voluntary basis.

It is based on:

- the [latest guidelines from the FA](#) (April 2021); and
- includes specific guidance from Watford FC about using the Training Dome,

and should be read alongside [FFFC's COVID-19 Risk Assessment](#). If any guidance changes this document will be updated accordingly.

Following the Government's announcement on 22 September 2020, all Covid-secure guidelines are now legal obligations, which everyone must adhere to.

Before attending their first FFFC event, all participants therefore will need to pre-register their agreement online to have read, understood and will comply with our COVID-19 guidelines, as outlined in this document, our [COVID-19 Risk Assessment](#) and the Government COVID-19 guidelines generally. Registration is required once per season, in advance of the first session you plan to attend.

In competitive training and match play, physical contact is allowed, but for all other activity (e.g. warm-ups/cool-downs) the Government guidance on two-metre social distancing should be observed. All participants need to recognise that the risks cannot be completely eradicated but with caution and care they can be reduced.

If you have any reservations about returning to training or about anything in this document, please ensure that you have discussed this specifically with us. We will endeavour to agree how/if these can be met within current Government COVID-19 and FA guidance.

Importantly there is no pressure to return. Each player will need to decide when to return to

contact football, based on his or her own circumstances. Anyone who is deemed vulnerable in respect of COVID-19 is reminded to follow the Government's or any medical advice, only returning to football when it's safe or right for them to do so.

Although there appears to be a lot to remember, we will guide you as required at the sessions and keep you updated of any changes. We do not believe that this should detract us from the reason we play football in the first place – to have fun, get fit, and help with our symptoms.

These are difficult times for everyone, and as a community club we have a collective responsibility to look out for each other, our families and the wider community. If you decide to return to training, then by complying with these rules you will play an important part in trying to get our beautiful game, and life in general, back to some form of much needed normality.

Fighting Fit Football

Give Parkinson's the Boot!

COVID-19 RETURN TO TRAINING PLAYER GUIDANCE

BEFORE ATTENDING ANY FFFC EVENT FOR THE FIRST TIME PARTICIPANTS MUST:

1. Read and understand this document fully. Any points of clarification that are required MUST be raised with Nick prior to any further action.
2. Have completed the online registration and consent form in full for the first event they wish to attend (by visiting the Events page at <https://www.fightingfitfootball.co.uk> and registering for the relevant Event).
3. Understand and conform with our obligations under the NHS Test and Trace Programme. The Club shall keep an attendance record of all training sessions and their participants to aid with NHS contact tracing should the need arise.

BEFORE TRAINING PARTICIPANTS MUST:

1. Have completed all of the above and have given their express consent to return to contact training.
2. Undertake a COVID-19 self-assessment. On the day of the each training session and before leaving home all participants must complete the Self Assessment checklist found at <http://facilities-access-academy.w4tf0rdfc.soccersystempro.com/>. Provided you meet the conditions of the checklist you will receive a green

“cleared” pass-card on your mobile device, which must be shown to security upon arrival at the entrance to the Training Ground. This is only valid on the day it is created and must be renewed for each event. Entry will not be permitted until this has been shown.

3. Not leave their home to participate in football if they cannot meet any of the conditions in the self assessment form in 2 above required to receive a cleared pass-card. As a reminder, the main reasons for not attending training are if you, or someone in you household has:
 - A high temperature (above 37.8C); or
 - A new continuous cough
 - Shortness of breath.
 - A sore throat.
 - Loss of or a change of normal sense of taste and smell.
 - Feeling generally unwell.
 - Persistent tiredness.
 - Tested positive for COVID-19 in the last 10 days.
 - Has recently had a test for COVID-19 and are awaiting the results, or believes they need one.
 - Has returned from a country not on the UK travel corridor list in the last 10 days.
 - Been asked to self-isolate by the NHS Test and Trace because they have been in contact with a known COVID-19 case.
4. Inform the club without delay if any of the above (section 3) applies to you. You will be asked to self isolate and not attend the training ground for up to 14 days. Further guidance about this and when it is safe to return to training can be found [here](#).
5. Ensure only players, coaches and volunteers taking part in the session visit the training ground. NO SPECTATORS WILL BE ALLOWED IN AND AROUND THE DOME.
6. If you are given a lift by someone who is not participating in the football DRIVERS WILL NEED TO EITHER REMAIN IN THEIR CARS IN THE VISITORS CAR PARK OR LEAVE AND RETURN AT THE END OF THE SESSION. Drivers without a cleared pass-card from section 2 above will be required to remain outside the training ground.
7. Make sure all current Government COVID-19 guidance is followed regarding

private and public transport to and from training sessions. More information can be found here [here](#)

8. Ensure you have washed hands thoroughly before leaving home.
9. Ensure you bring your own Hand Sanitiser with you to all sessions and keep this accessible at all times. Do not share this with anyone outside your household.
10. Ensure you bring your own easily identifiable & adequate refreshments. Do not share this with anyone outside your household. Food must not be brought into the Dome.
11. Ensure you arrive in clean kit and bring / use your own clean bibs (provided by the club) where possible to avoid cross over between players.
12. Goalkeepers must bring their own gloves

UPON ARRIVAL AND DEPARTURE OF THE DOME PARTICIPANTS MUST:

1. Upon arrival at the Security Gate, show their cleared pass-card to gain access to the Training Ground (see section 2 above). Where asked please allow your temperature to be checked. Please ensure you are wearing a face mask for this.
2. Park in the visitor's car park and walk socially distanced from others to the training Dome
3. Wash their hands via the hand sanitiser stations upon arrival and again before departure at the Check in Point (entrance to the Dome).
4. Use your smart device to scan the NHS Test and Trace QR code to register your arrival at the Dome.
5. Follow the new one-way system for entry and exit and movement around the Dome (as signposted). Maintain social distancing at all times.
6. Only use the portable toilets located adjacent to the Dome – DO NOT USE THE MAIN TOILETS BY THE MAIN CAR PARK.
7. Place all possessions, drinks, sanitiser, etc brought to the Dome in an area specified by the coaches, and at least two meters from any other person's possessions or the equipment.

DURING TRAINING PARTICIPANTS MUST

1. Ensure that they do not touch any equipment or balls with their hands at any time,

even during match play. Coaches should handle these only.

2. Be appropriately socially distanced from each other when having breaks; during warm ups / downs; when taking part in any drills that do not involve contact training; or when not participating / waiting for your turn in contact training.
3. During game play, use kick-ins instead of throw-ins.
4. Wear gloves where a participant will be touching equipment (e.g. goalkeeper focused session) and/or the coach shall regularly sanitise the equipment. Gloves should never be shared with others and sanitised regularly by their owner.
5. Not use any equipment in the Dome that is not owned by FFFC, apart from the goals. Any goals moved and used must be sanitised after use.
6. Not shake hands, or do fist bumps, high fives, etc at any time.
7. Not celebrate excessively or collectively and avoid contact with others.
8. Not shout towards the face of any other person
9. Either use a tissue or the crook of their elbow if they need to sneeze or cough and avoid touching their face. Tissues must be disposed of immediately in a sealed bag/bin and hands washed or sanitised straightaway.
10. Avoid spitting, nasal cleaning or chewing gum whilst at the Training Ground.
11. Allow a first aider to remain socially distanced in the event of an injury during a session that is not an emergency (life or limb threatening) but which requires assistance. If a household member is in the Dome & it is appropriate they can assist with first aid. If a player needs medical attention and it is not possible to maintain social distancing, the FFFC first aider will wear disposable gloves and face mask.

AFTER TRAINING PARTICIPANTS MUST

1. Maintain social distancing protocols while leaving the pitch and site and returning to transport. Please ensure all personal belongings are taken home by the person they arrived with.
2. Not leave rubbish, plastic bottles or discarded tissues, PPE, etc. These must be bagged up and disposed safely
3. When leaving the training Dome all persons must sanitise their hands.

Thanks for your understanding and co-operation!