**ORPINGTON & BROMLEY PSFA**

**Step One March 2021**

**COVID-19 MATCHDAY/TRAINING CHECKLIST FOR PARENTS/CARERS**

We will be playing matches and training in accordance with current government and FA guidelines. This checklist will assist us in providing a safe environment for all involved. Parents / carers are asked to read this document carefully, and to make their son / daughter aware of the contents.

*If anyone in the household has had any COVID-related symptoms in the 14 days prior to a game, the players and accompanying parents / carers should self-isolate and not attend the game unless they have had a test which has come back negative (O&BPSFA must be notified and will require evidence of a negative test).*

*No-one should attend a game if they have been informed by NHS Track & Trace that they should self-isolate.*

The following is a summary for use on a match day or training.

* Be familiar with relevant government guidelines (e.g. social distancing, face coverings, washing hands, travel etc.).

**HANDS---FACE---SPACE**

* Parents/carers are to assess that their child has no Covid-19 related symptoms.
* A high temperature (above 37.8 C)
* A new continuous cough.
* Shortness of breath
* A sore throat.
* Loss of, or change in normal sense of taste or smell.
* Feeling generally unwell.
* Players and accompanying parent/carer should only travel to/from a match by car or by public transport wearing a mask in line with government requirements
* **Spectators are not currently allowed at fixtures**. Under step one of the roadmap. **One parent or guardian per child is permitted,** where clubs and facilities can safely accommodate this and following all appropriate guidance.
* Please park in the High Street or in side roads at boys’ home fixtures. Club parking is reserved for the FOGB FC Academy.
* At Footscray for training please park in the area marked for CACT.
* On arrival/at the end of a match/training, players and accompanying parent/carer must adhere to social distancing rules and avoid congregating in groups in car parks and other areas.
* Players and accompanying parent/carer are to adhere to any Covid-19 guidance of the host club.
* Parents/Carers are advised to download the NHS app and use our QR code at home fixtures.
* Please keep back from the playing area on the spectators designated side at home fixtures and on the asphalt path at training, avoid touching equipment, posts and fences. If returning a match ball that has gone out of the playing area, feet should be used rather than hands.
* Players will be asked to arrive in kit. Changing rooms cannot be used as part of step one of the roadmap coming out of lockdown.
* There must be no exchanging shirts shin pads or goalkeeper gloves.
* Players must bring their own drinks in clearly labelled bottles. No sharing.
* Players should bring their own hand sanitiser, clearly labelled with their name on it. It must not be shared.
* If toilets are available/used, social distancing should take place e.g. one in at a time.
* Handshakes, high-fives, hugs, goal celebrations etc. must be avoided.at all times by everyone present.

**THANK YOU FOR YOUR KIND CO-OPERATION**