



Inner City Club Football Leicester

COVID-19 Code of conduct

COVID-19 is a highly infectious and dangerous disease. A resumption of contact play is only achievable if those involved create and maintain a controlled environment that minimizes the threat of infection.

Risk in sport cannot be completely eradicated but with caution and care these risks can be reduced.

Each player will need to decide when to return to contact football, based on their own circumstances and arrangements that have been put in place for a safe return. This is particularly the case for players from BAME communities or those with underlying health conditions.

All those returning to competitive grassroots football must adopt the following code of behaviour:

- **Be aware of your own personal health.** If you show any of the COVID-19 symptoms you must stay at home, inform NHS Test and Trace and seek medical advice.
- **Be responsible.** Read the guidance provided by the FA and by your club so that you are aware of the changes to the game and what is expected of you. This will include things like being prepared to wash your own kit, bringing your own labelled water bottle and being aware of the changes to meet-up times.
- **Practise good hygiene.** Wash your hands regularly and before, during and after a game,
- **Where possible maintain social distancing.** This won't always be possible in competitive match environment and that is acceptable. However, before, and after a game you should maintain social distancing.
- **Support NHS Test and Trace.** You're likely to be asked to provide your details so that in the event of a COVID-19 outbreak those potentially infected can be traced. This is to everyone's benefit so please co-operate.
- **Do not spit.** Spitting and the rinsing out of mouths is now recognized risk to health and must not be done. Avoid shouting and raising your voice if face to face with other players.
- **After the game.** Be aware that other users may be waiting to use the facilities. Changing rooms and showers are likely to be closed and any socializing must follow the government's guidance on social distancing.