

Bristol Ladies Union COVID-19 Guidance for Coaches

1. Everyone should self-assess for COVID-19 symptoms before every training session or match. If you are symptomatic or living in a household with possible or actual COVID-19 infection you must not participate or attend;
2. Coaches should ensure that their facility is compliant with current Government legislation and guidance related to COVID-19;
3. Coaches should obtain the COVID-19 risk assessments for any clubs or venues where BLU will be playing, communicate this to all players and ensure that the requirements are adhered to.
4. Competitive training is now permitted, with groups limited to a maximum of 30 people, including coaches;
5. Competitive match play is permitted, with social distancing in place before and after the match, and in any breaks in play;
6. Coaches should keep a record of all participants at each training event or match in order that it is available for use if required for submission to NHS Test and Trace;
7. Participants and officials should sanitise hands before and after a game as well as scheduled breaks throughout a game or training session;
8. Ball handling should be kept to a minimum with most contact via a boot and the ball disinfected in breaks of play where practical;
9. Coaches are encouraged to limit persistent close proximity of participants during match play and training;
10. Goal celebrations should be avoided;
11. Equipment should not be shared, and goalkeepers should ensure they disinfect their gloves regularly in breaks in training or matches and thoroughly afterwards.
12. Where possible, coaches should only handle equipment in training;
13. Where possible, participants, coaches and officials should arrive changed and shower at home.
14. Use of changing and shower facilities must follow government advice on the use of indoor facilities;
15. Participants should follow best practice for travel including minimising use of public transport and walking or cycling if possible. People from a household or support bubble can travel together in a vehicle.