



Junior Premier League 20-21 Club Covid-19 Guidelines

Hello and welcome back to football. We are as excited as you and your players to see football played and everyone enjoying their experience in the JPL. Our top priority as always is the safety of players, coaches and spectators. In order to ensure we're all safe at JPL games, we've created some simple guidance for all clubs to follow at JPL games. We've digested the substantial Football Association guidance and included/summarised the key points in this document. You will find:

- JPL Covid-19 safety guidance for Home v Away fixtures.
- JPL Covid-19 safety guidance for Central Venue fixtures.
- Tips for ensuring hygiene and social distancing at your venue.
- Summary of the key guidance and rules from the Football Association for restarting Competitive Grassroots football.

Please Note – All clubs must respond in writing, stating that they understand and accept the league Covid-19 guidelines. Failure to do so will result in no fixtures being allowed for clubs who do not confirm adherence.

Club CWO or secretary can complete by clicking the below link. Include your Covid officer details and write 'yes' in the box to accept the league Covid guidance, by Wednesday 9th September 2020, 5pm.

[JPL club acceptance of Covid guidance](#)





JPL Home v Away Games

Club Risk Assessment & Action Plan: All clubs must have a covid-19 specific Risk Assessment and Action Plan in place and should be ready to submit to the league if requested. Clubs must share their risk assessment and action plan when requested by their next opposition. Failure to comply could result in games being cancelled.

Club Covid Officer: All clubs must have a covid-19 Officer. The league will ask for their name and contact details.

Club Child Welfare Officer: All clubs must have a qualified CWO and their contact details should be up-to-date with the league.

Signage: Where not obvious, club should have clear signage for entry, exit, one-way systems, wash and sanitation stations.

Entry & Exit: Where possible, clubs should have separate entrances and exits. If not possible, entry and exit should be controlled to avoid crowding.

Parents/Carers: 1 parent / carer per child at JPL games may be best practice if there are concerns about space to social distance at a venue. Clubs should refer to their own (If HOME) or their opponents (If AWAY) risk assessments to determine if more spectators can be accommodated. Should a home club insist on only 1 parent/carers, the JPL will support this. Spectators must maintain Govt social distance guidelines.

Track & trace register: All teams must hold a register for their attendees. This should include players, coaches and parents/carers. The coach/official who controls the register should keep the register securely in case we need to contact people in future. The HOME team should be responsible for registering the match official(s). Phone numbers should be included in case contact needs to be made in the event of a positive case. (A printable sample register has been provided below)

Changing rooms: Should remain closed if possible. Players should arrive in playing kit.

Indoor areas: Should be avoided unless necessary. Adults are asked to avoid spending long periods indoors, in the event children need to use the toilets. Catering and refreshment facilities should be cleared quickly, and if serving is possible outdoors from a hatch/window this is preferable.

Handwashing / Sanitation stations: Should be clean, accessible, and clearly signposted.

Team sheets: Physical team sheets should not be shared between the officials or opposition where possible. These can be sent electronically via photo or e-mail if required, or on mobile devices.

Respect handshake: The pre-match Respect handshake will be suspended until further notice. A respect line-up (socially distanced), clap etc could be suitable if desired.

Match official payment: Where possible, arrangements should be made for the payment to be paid electronically, but should be communicated in advance to the match officials.

Post-Match: Players, officials and parents/carers should vacate the venue quickly, using one-way systems or designated exits. Refreshments and hospitality are not encouraged to avoid large groups forming.

Reporting Covid-19 cases: Where a positive case is reported to your club, it is vital that the club CWO or covid-19 officer informs the JPL ASAP with details of the team/age – group involved. The league will then contact your previous opponent's Covid-19 officer and it will be up to that club to use their registers from that match-day to contact appropriate attendees. Reports should be in writing to Pamela.Johnson@Junior-Premier.co.uk.





JPL Central Venue Games

Club Risk Assessment & Action Plan: All clubs must have a covid-19 specific Risk Assessment and Action Plan in place and should be ready to submit to the league if requested.

Club Covid Officer: All clubs must have a covid-19 Officer. The league will ask for their name and contact details.

Club Child Welfare Officer: All clubs must have a qualified CWO and their contact details should be up-to-date with the league.

Signage: Where not obvious, we will ask venues to have clear signage for entry, exit, one-way systems if possible, wash and sanitation stations.

Entry & Exit: Teams MUST NOT access the venue or pitches until their warm-up slot begins 15 minutes before their scheduled game. Allow those players that have just finished to exit the pitch safely before entering the pitches. If you arrive early, wait in your vehicle. Where possible, we will ask venues to have separate entrances and exits. If not possible, the central venue manager will control entry and exit should be controlled to avoid crowding.

Parents/Carers: 1 parent / carer per child at JPL Central Venue games. This will be reviewed weekly and relaxed as soon as is deemed safe. Spectators must maintain Govt social distance guidelines. As always at JPL Central Venues, spectators must remain outside the playing area.

Track & trace register: **All parents must complete the Track & trace register BEFORE arriving at the venue, detailing the player and adult attending.** A new register will be sent each week to all CVF clubs and the club/coach is responsible for sharing the link with parents in good time. Phone numbers should be included in case contact needs to be made in the event of a positive case. The JPL is responsible for registering the match official(s). All data collected will be securely stored and destroyed as per GDPR guidelines. ****Failure to register for Track & Trace could result in games being cancelled for the affected teams. Coaches, please remind your parents before arriving at the venue.**

The track and trace register must be used each week a child and guardian attend the venue. The link below leads to a simple form that is quick and easy to use, and may be stored as a favourite for ease. To help everyone remember, we will send the link out on a weekly basis.

[JPL CVF track and trace register](#)

Changing rooms: Should remain closed if possible. Players should arrive in playing kit.

Indoor areas: Should be avoided unless necessary. Adults are asked to avoid spending long periods indoors, in the event children need to use the toilets. Catering and refreshment facilities should be cleared quickly, and if serving is possible outdoors from a hatch/window this is preferable.





Handwashing / Sanitation stations: Should be clean, accessible, and clearly signposted.

Team sheets: Physical team sheets should not be shared between the officials or opposition where possible. These can be sent electronically via photo or e-mail if required, or on mobile devices.

Respect handshake: The pre-match Respect handshake will be suspended until further notice. A respect line-up (socially distanced), clap etc could be suitable if desired.

Post-Match: Players, officials and parents/carers should vacate the venue quickly, using one-way systems or designated exits. Refreshments and hospitality are not encouraged to avoid large groups forming.

Reporting Covid-19 cases: Where a positive case is reported to your club, it is vital that the club CWO or covid-19 officer informs the JPL ASAP with details of the team/age – group involved. The league will then contact your previous opponent's Covid-19 officer and it will be up to that club to use their registers from that match-day to contact appropriate attendees. Reports should be in writing to Pamela.Johnson@Junior-Premier.co.uk.

Alternatively, parents can report to us directly using the following link [JPL reporting corona virus positive](#)





Tips For Making Your Venue Safe

PROMOTING GOOD HYGIENE

Consideration should be given to:

- Additional hand sanitisers throughout the clubhouse;
- Signs clearly directing people to where they can wash their hands;
- Ensuring all handwashing stations are in good working order and provide soap, hot water and hand sanitiser;
- Providing hygiene standards' promotional posters and signage throughout the clubhouse;
- Supplying disposable paper towels in handwashing facilities;
- Minimising the use of portable toilets;
- Carrying out 'trial runs' to test and adapt your plans.

A cleaning schedule could include:

- Daily cleaning throughout the clubhouse;
- Identifying high-contact touch points for more regular cleaning (e.g. door handles, grab rails, vending machines);
- Frequent cleaning of work areas and equipment between use;
- Cleaning of shared training equipment after each individual use;
- Having waste facilities and more frequent rubbish collection;
- Removing any non-essential items that may be difficult to clean.

MAINTAINING SOCIAL DISTANCING AT YOUR GROUND

Please consider:

- Clear signage so people can find their destination quickly;
- Reviewing how people walk through your clubhouse and adjust if necessary to reduce congestion and contact between users;
- Regulating entry to your clubhouse to avoid overcrowding;
- Applying floor markings in accordance with Government social distancing measures where necessary to manage queues, e.g. outside the entrance/toilets/catering facility;
- One-way arrow markings to help footflow management;
- Single-use doorways to avoid congestion i.e. one-way only entrances/exits;
- Single or limited use of toilet facilities to avoid congestion in confined spaces;
- Using outside areas for queueing;
- Carrying out 'trial runs' to test and adapt your plans.





CHANGING ROOMS

Changing rooms are an area of increased risk of transmission, where possible, should remain closed. Players and officials should arrive changed and shower at home. Exceptions may be made where safety and safeguarding measures require their use e.g. supporting disability athletes, a child needs a change of clothing etc.

The FA guidance you are reading is FOR ALL – players, coaches, club officials, club welfare officers, match officials, league officials, volunteers, parents/carers, spectators. It is also for clubs and football facility providers and should be read in conjunction with the updated additional guidance for ‘Providers of outdoor football facilities, including clubs’ which is available here. Should Government guidance change in response to the current Covid-19 Alert Level, The FA guidance will be updated accordingly.

In the meantime, please remember anyone who is deemed vulnerable in respect of Covid-19 is reminded to follow the Government’s guidance, only returning to football when it’s right for them to do so. There is no pressure to return. Everyone’s health, wellbeing and safety are the priorities.

When your club decides to return, you must carry out a risk assessment and record the procedures and checks put in place. It’s essential everyone is clear about the restrictions and works together to manage social distancing, strict hand hygiene and the other protocols set out in this document.





BEFORE FOOTBALL TAKES PLACE

	Topic	Required actions
CLUBS AND FACILITY PROVIDERS	The basics	<ul style="list-style-type: none"> Facility operators should ensure they have read and understood The FA's guidance for 'Providers of outdoor football facilities, including clubs'. Clubs/teams should ensure they are affiliated to their local County FA for the 2020/21 season ahead of any match play. Each club must only return to sport when they are ready and have the appropriate measures in place as developed by The FA and general Government guidance in relation to recreational sport. All clubs must identify a Covid-19 officer who will be responsible for developing a Covid-19 plan and risk assessment prior to the restart of any activity. The Covid-19 officer should continually monitor how compliance is being observed within the club. The FA has produced guidance on conducting a risk assessment, which includes a template for self-completion. The Covid-19 officer should consider establishing a Covid-19 group to be responsible for producing and implementing the Covid-19 risk assessment and to oversee the safe return to play. Clubs should also check the insurance policies they have in relation to all football activities (e.g. personal accident and public liability), specifically any changes to insurance provider's advice and guidance on returning to competitive play, ensuring full compliance with its terms. The Covid-19 officer at each club will be responsible for clearly communicating all relevant guidance to its players, coaches and volunteers.
	Arrival at venues	<p>Clubs/facilities should consider further mitigations to ensure safe arrival at venues, including:</p> <ul style="list-style-type: none"> In line with current Government guidance, all participants (players, coaches, club and match officials, volunteers, spectators etc.) should check for symptoms of Covid-19. If an individual is symptomatic and/or living in a household with a possible Covid-19 infection they should remain at home and follow Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known Covid-19 case, must not exercise outside their home or garden and must not exercise with others; Clear signage (e.g. for one way systems) to manage entry, parking arrangements, traffic flow and general movement around the venue which ensure social distancing can be maintained.
	Safety briefing	<p>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 Code of Behaviour.</p>





CLUBS AND FACILITY PROVIDERS	Changing rooms and showers	<p>Use of changing and shower facilities must follow Government advice on the use of indoor facilities when available.</p> <p>If these facilities remain closed, exceptions may be made where safety and safeguarding measures require their use. For example, to supporting players with disabilities, or when a child needs a change of clothing etc.</p>
	Toilets	Toilets should be open pre-match or training, during the match or training and for 30 minutes afterwards.
	NHS Test and Trace	<p>Clubs and facility providers must support NHS test and trace efforts by collecting name and contact information on participants at both training and matches.</p> <p>This information should be stored for a minimum of 21 days in-line with the Government Recreational Team Sport Framework and collected/processed in accordance with the Data Protection Act 2018 and in line with GDPR principles. It should be used only for the purpose of NHS test and trace.</p>
EVERYONE (i.e. players, coaches, match officials, league officials, volunteers, parents/ carers, spectators, clubs and football facility providers)	Covid-19 self-assessment	<p>All players, officials, volunteers and spectators must undergo a self-assessment for any Covid-19-symptoms. No-one should leave home to participate in football if they, or someone they live with, has any of the following:</p> <ul style="list-style-type: none"> • A high temperature (above 37.8°C); • A new, continuous cough; • A loss of, or change to, their sense of smell or taste. <p>This check should be done before each training session and must be recorded in regular risk assessments and it is important to note that no training session should take place without this having been done. Some clubs may wish to have this completed in the form of an online or paper questionnaire at the start of sessions. If symptoms are checked at the start of a session rather than in advance, this should be completed on arrival before the player mixes with others, so that if they have symptoms there is no chance of others being affected.</p> <p>Should an individual have demonstrated any such symptoms, they must not participate. Instead they should follow NHS and PHE guidance on self-isolation.</p> <p>Anyone who has already been instructed to self-isolate by a health care practitioner or PHE should continue to follow this advice and may not participate.</p> <p>Clubs will make relevant participants aware of any increased risk associated with taking part in activity, based on the risk assessment undertaken by the club. Everyone should comply with public health restrictions and avoid high-risk behaviour outside the football setting to reduce the risk to fellow participants and other attendees.</p>





<p>EVERYONE (i.e. players, coaches, match officials, league officials, volunteers, parents/ carers, spectators, clubs and football facility providers)</p>	<p>Travel to training and matches</p>	<p>All participants and other attendees should follow best practice for travel, including minimising use of public transport. Participants should walk or cycle if possible. People from a household or support bubble can travel together in a vehicle.</p> <p>If participants do have to travel with people outside their household or support bubble they should try to:</p> <ul style="list-style-type: none"> • Share the transport with the same people each time; • Keep to small groups of people at any one time; • Open windows for ventilation; • Face away from each other; • Clean the car between journeys using standard cleaning products – including door handles and other areas that people may touch; • Ask the driver and all passengers to wear a face covering; • Consider seating arrangements to maximise distance between people in the vehicle – this may mean using more than one coach or minibus if possible, and the wearing of face coverings on coaches or minibuses; • Require regular hand sanitisation by passengers on a coach or minibus; • Limit the time spent at garages, petrol stations and motorway services; • Keep distance from other people and if possible, pay by contactless; • Wash hands for at least 20 seconds or sanitise hands often, and always when exiting or re-entering the vehicle; • When finishing the journey participants should wash their hands for at least 20 seconds or sanitise their hands as soon as possible.
<p>PLAYERS, MATCH OFFICIALS AND COACHES</p>	<p>Changing, showering and use of toilets</p>	<ul style="list-style-type: none"> • Where possible, players, match officials and coaches must arrive changed and shower at home; • Toilets should be open pre-match, during the match and for 30 minutes afterwards.
<p>PLAYERS WITH A DISABILITY</p>	<p>Advance information</p>	<p>If you have additional disability or medical needs, please ensure that you have discussed this specifically with the club and coach. Then you can agree how/if these needs can be met within current Government Covid-19 and FA guidance.</p>





PARENTS/ CARERS	Advance information	<ul style="list-style-type: none">• If you choose for your child to take part, you will need to give your written consent to the club and or coach. Ensure you are comfortable with the club's Covid-19 planning arrangements before doing so.• You may already be aware that the period of isolation may have resulted in your child becoming anxious or unsure whether to resume previous activities, such as football. Please only support their return to football activity when they feel confident to do so and you feel the activity is safe and right for them.• Your child must arrive changed and ready to exercise.• Ensure your child takes their own water bottle and their own hand sanitiser, both clearly marked with their name. They must not share these with anyone else.• Please ensure your child/children know how to maintain good hygiene and hand washing;• 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;• Despite the changed circumstances the organiser of the activity still has a responsibility to implement The FA's safeguarding requirements. Anyone involved in activity directly with children (anyone aged under 18), must have an in-date DBS Check, is responsible for ensuring the environment is safe and should have completed some FA safeguarding training;• Coaches must ensure the ratio of coaches to children is appropriate.
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DURING ALL FOOTBALL ACTIVITY

	Topic	Required actions
EVERYONE	Social distancing in competitive training	<p>Competitive training can take place for all participants, in an outdoor setting provided this takes place in groups of no more than 30 (including coaches).</p> <p>Care should be taken on busy sites with limited access points to ensure safe play. Facilities should consider staggering start times and allowing cleaning time between change-overs.</p> <p>Clubs should determine the appropriate ratio of coaches to participants, following the relevant FA safeguarding policy. Sessions might include multiple groups of 30 but only if they can be appropriately socially distanced from each other.</p> <p>In all settings before and after the session, and in any breaks, all participants should practise social distancing, in line with Government guidelines on two metres or 'one metre plus'.</p> <p>Any spectators at training sessions (including parents and carers) must be restricted to discrete six-person gathering limits and spread out, in line with wider government guidance, ensuring space for officials, coaches and substitutes.</p>
	Social distancing around matches	<p>Competitive match play is now permitted, however, in all settings before and after matches all participants should practise social distancing.</p>
EVERYONE	Other Covid-19 modifications – in matches (and training where applicable)	<ul style="list-style-type: none"> • 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.





EVERYONE	Social distancing during breaks (e.g. half-time)	<p>All participants must remain socially distanced during breaks in play, with spaced areas for equipment and refreshment storage for each individual including officials and substitutes. Coaching staff and substitutes, should, for example, spread out and avoid sharing a dug out or bench if social distancing cannot be observed. Players and officials should also observe social distancing during sin-bin instances.</p> <p>Water bottles or other refreshment containers should in no circumstances be shared. Participants are advised to bring their own drinks or refreshments, in a named container.</p> <p>After activity participants must maintain government mandated social distancing for social interaction. This includes in any available changing rooms, showers, and any clubhouse facilities or other venue participants congregate in afterwards.</p> <p>Any payments relating to the fixture (match fees, referee fees or facility fees) should where possible, be made in a cashless manner.</p>
	Use of equipment	<p>The sharing of equipment must be avoided where possible. Where equipment is shared, equipment must be cleaned before use by another person.</p>
		<p>Participants should take their kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials. Where kit absolutely has to be shared or kept together (e.g. last-minute stand-in players, shortage of kit, or an essential club function), each person handling it must wash or sanitise their hands immediately after and appropriate cleaning arrangements for the kit must be made.</p>
	Ball transfer	<p>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.</p>
	Shouting	<p>There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. This particularly applies indoors (e.g. inside clubhouses) and when face to face. If possible, players should therefore avoid shouting or raising their voices when facing each other during, before and after games.</p>
	Spitting	<p>Everyone should refrain from spitting. 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.</p>
CLUBS	Code of Behaviour	<p>The FA has produced the Code of Behaviour to ensure a commitment for all involved to adhere to Covid-19 adaptations.</p> <p>The Covid-19 officer for each club will be responsible for communicating the code of behaviour to all players, coaches and volunteers within the club.</p> <p>Participants must be clear that they are opting in to participating as defined in The FA's guidance about risk and risk mitigation.</p>





MEDICS	Treatment of injuries	<p>The FA has produced a detailed First Aid Guidance document for First Aid.</p> <p>Injuries during play should still be treated as participant health and safety is of utmost importance. In all cases but particularly where medical treatment is needed, the best form of protection is through rigorous cleaning, personal hygiene and regular hand hygiene.</p> <p>An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, will be recommended.</p> <p>If a participant gets injured, a member of their household can assist if present and appropriate, but others (including match officials and teammates and coaches) will still need to socially distance unless a life- or limb-threatening injury necessitates compromising guidelines to provide emergency care.</p> <p>If there is a first-aider or other medical personnel present, they should be equipped with the appropriate PPE (including face coverings) to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance.</p> <p>After contact with an injured participant, the person who has administered first aid should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact or social distancing was maintained. The first aider should also avoid touching their mouth, eyes and nose.</p> <p>Physios or their equivalent or anyone who is administering any form of treatment, should keep a record of each participant they have come into contact with for NHS test and trace purposes.</p> <p>If a participant becomes Covid-19 symptomatic during the activity, they should immediately remove themselves from the session and return home as soon as possible. NHS guidance on further management of symptoms should be followed.</p>
MATCH OFFICIALS	Social distancing	<p>Match officials should observe The FA's guidance in the same way as participants are required to.</p>
SPECTATORS	Social distancing	<p>Supporters, parents, and other spectators should remain socially distanced whilst attending events. Spectator groups must be restricted to discrete six-person gathering limits and spread out, in line with wider Government guidance, ensuring space for officials, coaches and substitutes.</p>





AFTER FOOTBALL ACTIVITY

	Topic	Required actions
PLAYERS, MATCH OFFICIALS AND COACHES	Hygiene	<p>Hands should be washed at the earliest opportunity and personal equipment should be wiped down with a disinfectant.</p> <p>Individuals should take their own kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials. Where kit absolutely has to be shared or kept together (e.g. last-minute stand-in players, shortage of kit, or an essential club function), each person handling it must wash or sanitise their hands immediately after and appropriate cleaning arrangements for the kit must be made.</p> <p>Coaches are encouraged to maintain a record of the regular cleaning of club or team equipment that players use, and review the risk assessments you undertake in between sessions, learning from any changes you need to apply.</p>
	Social distancing	<p>After training sessions and/or matches, participants must maintain government mandated social distancing for social interaction. This includes in any available changing rooms, showers, and any clubhouse facilities or other venue that participants may congregate in afterwards.</p> <p>Bars and restaurants, which includes any food or drink facilities inside a clubhouse, have been able to open since 4 July, in accordance with the latest Government guidance.</p>
EVERYONE	Departing	Please depart following the traffic-flow system that the venue will have in place.





FA CODE OF BEHAVIOUR

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 minimises 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 the 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 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 a competitive match environment (for example when tackling an opponent) 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 a recognised risk to health and must not be done. Avoid shouting or 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 socialising must follow the Government's guidance on social distancing.

The Junior Premier League thanks you in advance for your support, diligence, and commitment to keeping football safe for all our members and followers.





NHS Test and Trace: if you've been in contact with a person who has coronavirus

Follow this advice if you're told by the NHS Test and Trace service that you've been in contact with a person who has coronavirus (COVID-19).

Stay at home for 14 days

If you're told you've been in contact with a person who has coronavirus:

- stay at home (self-isolate) for 14 days from the day you were last in contact with the person – it can take up to 14 days for symptoms to appear
- do not leave your home for any reason – if you need food or medicine, order it online or by phone, or ask friends and family to drop it off at your home
- do not have visitors in your home, including friends and family – except for essential care
- try to avoid contact with anyone you live with as much as possible
- people you live with do not need to self-isolate if you do not have symptoms
- people in your support bubble do not need to self-isolate if you do not have symptoms

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>

