

Match Day Safety Briefing - Players

COVID - CODE OF BEHAVIOUR

Covid-19 is a highly infectious and dangerous disease.

I know we are all keen to get back to playing football matches and having fun but to do so safely there is a few things that we need to do to reduce risks of getting and spreading it.

So there is a code of conduct we must follow:

- **Be aware of your own health.** If you show any of the Covid-19 symptoms or feel unwell during match let coach know.
- **Be responsible.**
- **Practise good hygiene.** Use hand sanitizer regularly at least before, at half time and after the match.
- **Where possible maintain social distancing.** This won't always be possible in a competitive match environment. However, before, and after a game you should maintain social distancing and in breaks of play.

Celebrating goals – Celebrate but avoid group celebrations, hugs or high fives.

- **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 close to and face to face with other players.

We are not saying don't communicate as this is really important aspect of game just be mindful of who's around you.

- **After the game.** Be aware that other users may be waiting to use the facilities so please leave quickly once finished with managers de-brief. Any socialising must follow the **Government's guidance** on social distancing.