



Bristol Rovers Community Trust COVID-19 Delivery

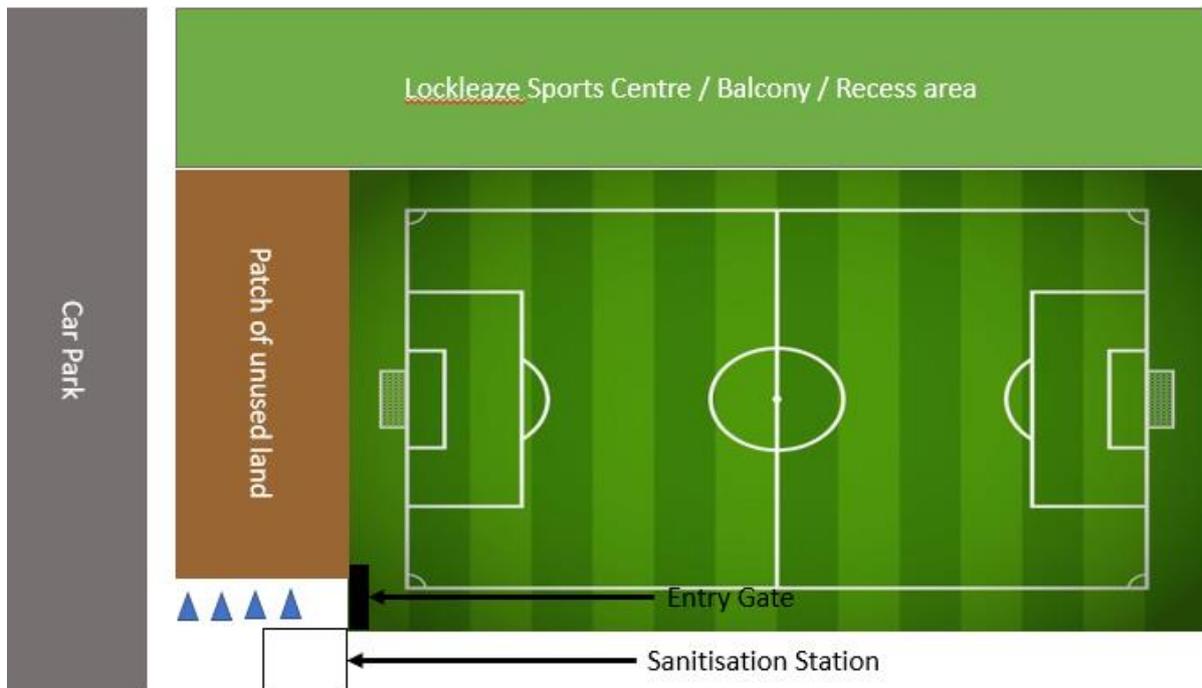
Procedures.

1. Arrival

Arriving at Lockleaze Sports Centre will have strict social distance measures upon entry to the facility. Participants must queue two metres (2m) apart and sanitise their hands and have their temperature checked by a member of staff. This ensures the participant is safe to attend before entering the facility through the entry gate.

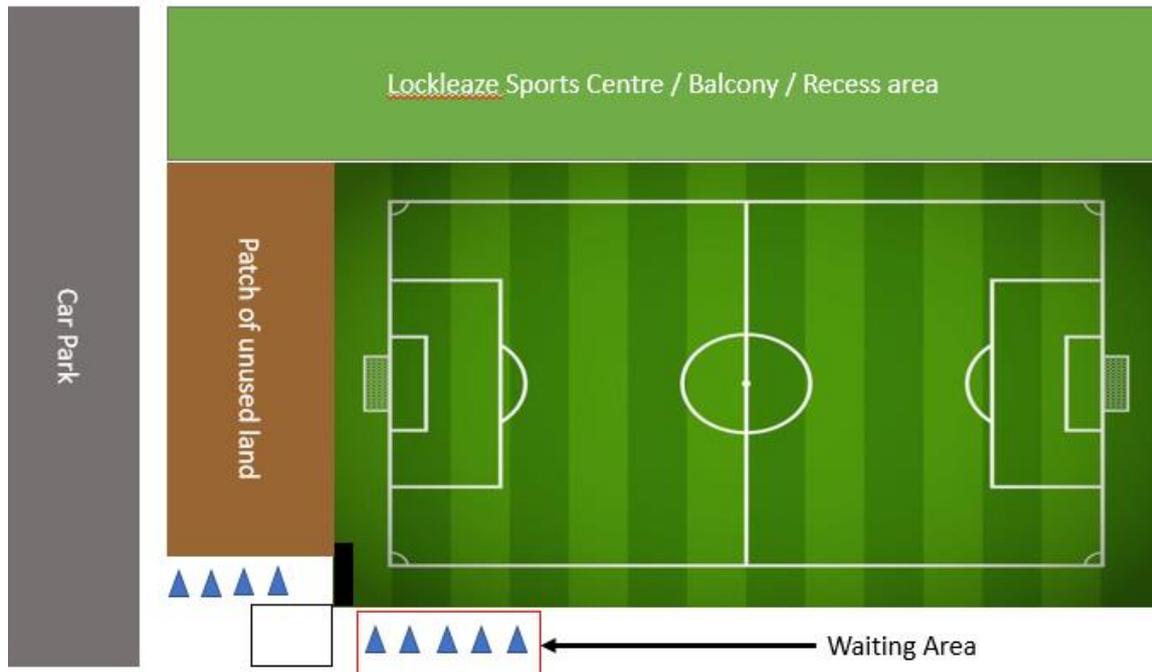
1.1 Hand Sanitisation

Before entering the facility participants will be required to sanitise their hands from the designated stations outside the entry gate (see below).



1.2 Queuing

When it is your allotted time slot participants will queue 2m apart with the designated markers on the floor before entry to the facility (see image above in 1.2). Participants who arrive early will be asked to wait in their cars until their allotted time slot. If participants arrive by other means, they will be asked to wait in a designated area outside the gates, with 2m distanced markings for multiple people until they are allowed entry to the facility (see image below).



1.3 Entry to The Facility

To be eligible to enter the facility all participants and staff are required to sanitise their hands upon entry and exit. In addition, all participants and staff will be required to have temperature checks. Any participant or staff member who has a temperature below 37.8° will be allowed to enter the facility and participate that evening. Anyone who has a temperature higher than 37.8° will be politely asked to leave the premises and be advised to isolate and get tested for COVID-19 ASAP.

2. Football Pitch

The football pitch will be split into 2 colour coded areas with walk ways in between. Participants will operate in groups within specific areas throughout the whole session. Participants who are leaving the facility or using toilets must use the walk ways provided.

2.1 Pitch Zones

The football pitch will be split into halves with multiple areas around and through the pitch for participants and staff to walk through. Each half will be colour coded to allow complete clarity on where a group should be working.

2.2 Spectators

All spectators will be required to remain in their cars at all times. Any spectators who arrive without a car will not be allowed to remain on the premises until the allotted finishing time.

3. Coaches

All coaching staff will be required to sanitise their hands and have their temperature checked on arrival. Anyone who has a temperature higher than 37.8° will be politely asked to leave the premises and be advised to isolate and get tested for COVID-19 ASAP.



3.1 Coaching Ratio's

During sessions government and FA guidelines will be followed at all time. Sessions will consist of a 10 player to 1 coach ratio to mitigate against risk.

3.2 Coaching Zones

Coaches will work in specific zones and remain in them throughout the sessions. Zones will be colour coded and allocated to a coach prior to sessions.

3.3 Coaches Responsibility

All coaches will be required to disinfect and clean all equipment they use before and after sessions. They will also be required to set out their specific coloured zones ensuring there is a walkway between each zone. Along with this, as usual coaches will have a duty of care for the participants within their zones. Coaches must ensure that all participants are corresponding with social distancing guidelines and all measures put in place by Bristol Rovers Community Trust.

4. Participants

All participants must agree to conform to the procedures that have been put in place by Bristol Rovers Community Trust. The agreement will be consented to via the online registration form that all attending participants will have had completed prior to the session.

4.1 Player Checks

All players will have their temperatures checked upon arrival. Anyone who has a temperature higher than 37.8° will be politely asked to leave the premises and be advised to isolate and get tested for COVID-19 ASAP.

4.2 Player Responsibilities

All participants are responsible for their personal property (boots, shin pads, bottles, jumpers etc). All items must be placed in a designated area outside of the playing zone next to the walkway. These areas will be 2m apart so that when drink breaks occur social distance measures will remain in place. Players will also be responsible to attend the training sessions wearing the correct attire, as there will be no access to changing facilities.

5. Activity

All activities will follow government and FA guidelines. Activity will be a mixture of opposed and unopposed practices Sessions. However, any breaks in play will require strict social distancing.

5.1 Equipment

All equipment will be split between coaches, then disinfected and cleaned before and after sessions. All equipment once in a specific zone will remain there until the end of the session.

It is the sole responsibility of the coach to collect and sanitise all equipment in at the end of the session. Participants are not permitted to help collect kit and must leave the site following the end of the session.



5.2 Picking Up Equipment

Participants are not permitted to pick up any equipment or footballs, if caught doing so, that participant will have to wash their hands immediately. This is an exception to goalkeepers who must be wearing gloves at all times.

5.3 Drinks Breaks

Drinks breaks will follow the social distance measures put into place by Bristol Rovers Community Trust. All participants will have a designated area to place their personal property including water bottles. These stations will be placed 2m apart from one another. All players have the responsibility to maintain social distancing during drinks breaks.

5.4 Changing Rooms & Toilets

Changing rooms will be unavailable to all staff and participants. Access to toilets will only be allowed in emergency situations. If you do use the toilet in an emergency situation, you'll be required to sanitise your hands before leaving the pitch and when re-entering the pitch.

6. Personal Protective Equipment (PPE)

Staff members administering first aid and temperature checks will be required to wear full protective equipment as detailed below.

Equipment	Temperature Checks	First Aider
Apron	-	√
Face Shield	√	√
Mask	-	√
Latex Gloves	√	√

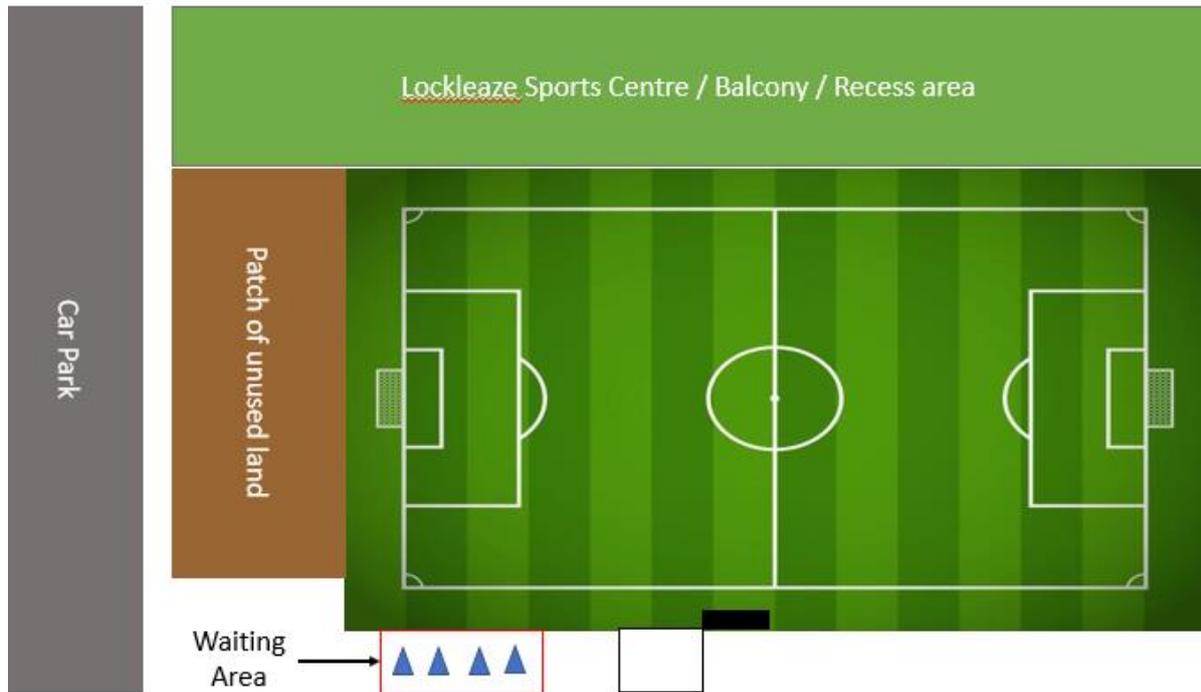
7. Departures

When departing Lockleaze Sports Centre strict social distance measures will remain in place. Parents will collect the participants from the arrival gate.

7.1 Departure Sanitisation When leaving the session at your allotted time, all participants will be required to sanitise their hands from the designated stations outside the exit gate.

7.2 Departure Waiting Area

If participants need to wait to be picked up before they can depart the facility, they can do so in the designated waiting area outside of the facility but still in the view of the staff. As detailed below.



8. Injuries & First Aid

The only person who will deal with any injuries that occur will be the designated first aider on site. This person will be wearing full protective equipment for the entire session.

8.1 Minor Injuries

When minor injuries occur first aid maybe administered from 2m away, with instruction and guidance from the first aider (e.g. blisters & use of ice packs etc.).

8.2 More Serious Injuries

Any injuries that are deemed more serious will be treated by the designated first aider dressed in full protective equipment. If the injury requires further attention, the emergency services may well be called.

8.3 Performing CPR/Defibrillation

With the heightened awareness of the possibility that a participant may have COVID-19, BRCT understands there is a need to perform CPR/Defibrillation differently. While there is no Government guidance available at this time, Resuscitation Council UK offers this advice:

- *Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.*
- *Make sure an ambulance is on its way. If COVID-19 is suspected, tell them when you call 999.*
- *After performing compression-only CPR, all staff will wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative. They should also seek advice from the NHS 111 coronavirus advice service or medical adviser.*



8.4 Disposing of PPE & Cleaning Equipment

Each individual staff member will be responsible for disposing of any PPE or cleaning material safely in a designated bin liner. Equipment that cannot be disposed of will be disinfected and cleaned after each session.

ALL INFORMATION, PROCESSES AND PROCEDURES PROVIDED IN THIS GUIDE WILL BE REVIEWED REGULARLY AND ADAPTED AS AND WHEN NEW GUIDANCE IS AVAILABLE. IF ANYONE HAS ANY QUESTIONS ABOUT THE INFORMATION PROVIDED, PLEASE CONTACT nathanhalleyoung@bristolroverscommunity.org.uk OR FOR URGENT MATTERS PLEASE CALL 07960250792.