

# Lawford Football Club

School Lane, Lawford, Essex, CO11 2HZ

Lawford Football Club is a Charitable Incorporated Organisation  
Registered charity number: 1188884



## CONSENT FORM: Resumption of Competitive Training and Matches

Following Government approval, the FA issued guidance on 24 March for the resumption of competitive training and matches for grassroots football. A copy of the FA guidance can be found at -

<https://www.thefa.com/news/2021/mar/24/fa-guidance-for-return-to-grassroots-football-20210324>

Only players who have provided written confirmation that they will adhere to the guidance will be permitted to participate in competitive training and matches. For players aged under 18, written consent will be required from a parent or carer. No form, no participation, no exceptions.

**Competitive training and matches will only recommence when the Club has put in place all of the necessary public health guidelines required by the FA.**

A summary of the guidance for participants is set out below.

### BEFORE ACTIVITY

- 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. You should stay home and follow the latest Government guidance.
- 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.
- Follow Government guidance for safe travel. Arrive at the venue at the agreed meet-up time to avoid congestion with other teams.
- Active participants should arrive changed and ready to take part. **The changing rooms at School Lane will not be open.**
- **Each player must bring their own hand sanitiser.** Personal hygiene measures should be carried out by everyone and hand sanitisers brought and used at the training / match venue.
- **Each participant must bring their own clearly identifiable water bottle.** Sharing of water bottles is strictly prohibited. Players should have designated areas to put any of their own items.
- Contact details may be shared with opposition managers to comply with 'NHS test and trace' protocols.

### DURING TRAINING & MATCH PLAY

- Competitive training & match play is permitted with social distancing in place before and after the session, and in any breaks in play.

- Hand sanitiser should be used at intervals during the training and match play. The sharing of kit and equipment should be avoided.
- When the ball goes out of play, it should not be retrieved by non-participants and should be retrieved using feet rather than hands where possible.
- Goalkeeper gloves must not be shared, and goalkeepers should ensure they disinfect their gloves regularly in breaks in training or matches and thoroughly afterwards.
- Participants must not spit and should avoid shouting or raising their voices when facing each other.
- In set play, players are encouraged to avoid unnecessarily long set-up or close marking. Goal celebrations should be avoided.
- Managers, coaches and substitutes must adhere to social distancing guidelines and avoid sharing a dug out or bench if social distancing cannot be observed.
- If an individual gets injured, a member of your household can assist you, if present, but others will still need to socially distance unless a life or limb-threatening injury necessitates compromising guidelines to provide emergency care.

#### **AFTER ACTIVITY**

- Hands should be washed at the earliest opportunity.
- Everyone must continue to maintain social distancing including in any facilities where groups of people congregate (e.g. clubhouse, car park).
- Anyone who becomes infected after training / matches should report this to the NHS test and trace system.

#### **PLAYERS AGED U18**

Parents / carers are responsible for the supervising of their children at all times, and to reinforce the guidelines for hygiene and social distancing.

#### **SPECTATORS**

**No spectators are allowed at grassroots sport** as part of Step 1 of the Government's roadmap. However, where clubs and facilities can accommodate this safely, **one parent/carer per youth player is permitted to be present at football activities** although they must observe the relevant Government Covid-19 guidance. We understand that spectators will be permitted in Step 2 (provided social distancing is followed), which will start no earlier than the 12<sup>th</sup> April.

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**I confirm that I have read and will adhere to the guidance set out by the Lawford Football Club for the resumption of grassroots football competitive training and matches together with the relevant guidance provided by the FA. Where I am signing as a parent or carer on behalf of a player aged under 18, I also confirm that I have fully explained the guidance to him or her.**

**PLAYER NAME:**

**SIGNATURE:**

**DATE:**