



Crayford Arrows FC Match Day Safety Guide





Covid Officers: Stacie King & Claire Hearn
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Pre-Match Preparation

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Read all the current FA guidelines & RA's.
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Familiarise yourself/player with our RA/MDSG
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If you/player are feeling unwell, please **do not come to the match**
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Coaches have your contact/emergency details.

Before departure to the match

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Wear a clean kit.
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Bring a small bottle of sanitiser & a sealed water bottle with your name on them.
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Wash your hands with soap & water for 20 seconds.
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Come in your kit, as the changing rooms will be closed
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Leave with just one member of your household **Follow Government guidance if you bring someone else.**

Arriving at the ground for the Match

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Arrive no early than 30 minutes before your game.
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You/parent/spectators will need to scan the NHS Test & Trace QR Code. That are dotted around the grounds.
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Walk to your pitch maintaining social distancing, do not encroach on existing users.
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Spectator groups are restricted to six-person gathering limits & spread out in 2 metre gaps.
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Listen to the home coach who will brief you about the new guidance and what is expected of you.


During the Match

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Make sure you sanitise your hands regularly & before you go onto the pitch.
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Players & coaches to maintain social distancing when not on the field of play, including half time & drinks breaks.
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Do not retrieve the ball with your hands (use your feet) unless it is the player taking the throw.
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Cover your nose & mouth with your sleeve or tissue when you cough or sneeze. **No spitting.**
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Players, coaches & spectators do not shout in near proximity to someone.
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If you require First Aid, your coach can administer if agreed, or call parent to administer. Emergency - coach will apply PPE & assist parent with first aid. Players to return to safe zone.

After the Match

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Return to safe zone. Keeping social distancing whilst doing so.
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Make sure you have sanitised your hands before you leave
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Players, spectators & coaches to ensure all their rubbish is collected & disposed of safely.
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When you return home, have a shower and put your kit in the wash.