



# Anchorians FC Match Day Safety Guide May 21

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### Pre-Match Preparation




**ANCHORIAN FC**




Read all the current FA guidelines & RA's.




Familiarise yourself/player with our RA/MDSG



If you/player is feeling unwell **please do not come to the match.**



Coaches have your contact/emergency details.



### Before You Leave For The Match



Wear a clean kit.



Bring a small bottle of sanitiser & a sealed water bottle with your name on them.



Wash your hands with soap & water for 20 seconds.




Come in your kit, as the changing rooms will be closed




Travel with just you/members of your household. **No car sharing allowed.**

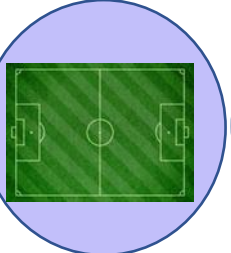
### Upon Arrival For The Match



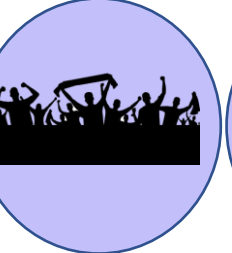
Arrive no early than 30 minutes before your game.




You/parent/carer will need to scan the NHS Test & Trace QR Code, that are dotted around the grounds.



Walk to your pitch maintaining social distancing, do not encroach on existing users.




Spectators are permitted, but must adhere to social distancing rules & social gathering limits set at groups of 30 outdoors.




Listen to the home coach who will brief you about the new guidance and what is expected of you.


### During The Match




Make sure you sanitise your hands regularly & before you go onto the pitch.




Players & coaches to maintain social distancing when not on the field of play, including half time & drinks breaks.




Do not retrieve the ball with your hands (use your feet) unless it is the player taking the throw.



Cover your nose & mouth with your sleeve or tissue when you cough or sneeze. No spitting.



Players, coaches & spectators do not shout in near proximity to someone.



**FIRST AID**

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



Return to safe zone. Keeping social distancing whilst doing so.



Make sure you have sanitised your hands before you leave.



Players, spectators & coaches to ensure all their rubbish is collected & disposed of safely.



When you return home, have a shower and put your kit in the wash.