



## Introduction

The return to competitive matches is expected from August 2020. Below are some simple steps that the club will introduce for the safety of all participants.

## Symptoms

Players should only attend matches if they do not have COVID-19 or any similar conditions. The symptoms to be aware of are:

- a high temperature,
- a new, continuous cough,
- or a loss or change to your sense of smell or taste.

The government’s guidance is that no-one should leave home to participate in sport if they, or someone they live with, has symptoms of COVID -19.

## Track and Trace

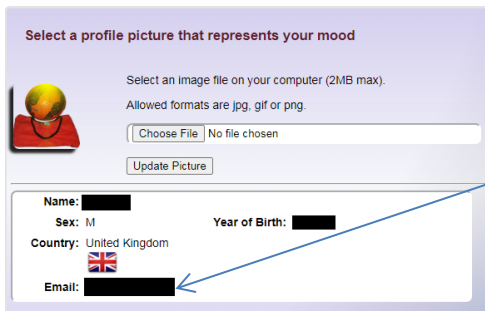
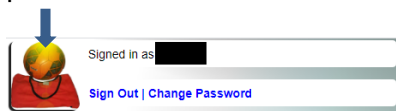
Players must sign in on the website for all matches. Registered players are responsible for providing contact details for any guests or plus ones that they invite.

No spectators will be allowed to join matches.

In the event of any player becoming ill with COVID-19, email addresses of those who attended the same matches within the previous fortnight may be released to NHS Test and Trace if they need to contact match day participants.

All players must check that the club holds their correct email address on the website.

Log in and click on your profile picture.



Check your email and inform the club administrator or club captain immediately if any change is needed

Fig 1. How to check your email address

## Arrival at venues

Please arrive at matches in good time to play. Every effort should be made to observe sensible social distancing while waiting to go on to the pitch.

## During Warm Up and Matches

### Shouting

**Please avoid shouting as much as possible in order to minimise transfer of droplets.**

### Celebrations and Greetings

Please avoid hugging and handshakes. Elbow bumps and foot shakes remain acceptable.

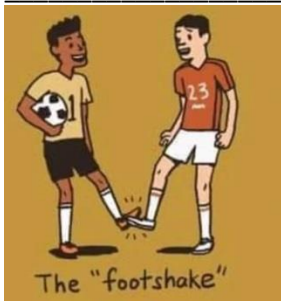


Image courtesy of PEDESTRIAN.TV 02/03/2020

Fig 2. Socially Distant Celebration

## Hygiene

Players are asked to avoid spitting and expulsion of other bodily fluids on or around the pitch.



Fig 3. No Spitting



Fig 4. Always use proper toilet facilities

At all times changing room toilet facilities should be used.

## Kit

Players must not share or swap kit.

- Bibs and tops must not be swapped during matches.
- Please bring your own personal dark and light tops to matches so that teams can be sorted based on top colour.
- Keepers must not share gloves.

Players must wash their own kit. The club will cease the practice of a single player washing all bibs.

## Equipment

Water bottles, or other refreshment containers, should not in any circumstances be shared between players from different households.

Football balls will be disinfected before and after matches. At all times the main holder of footballs will also have possession of a club issued disinfectant spray.

Goal posts will be wiped with a disinfectant prior to kick off.

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Be safe, well and healthy and let's get back to the beautiful game at [Tottenham Wednesday FC](https://www.tottenhamhotspur.com)