



Bristol Rovers Community Trust COVID-19 Delivery

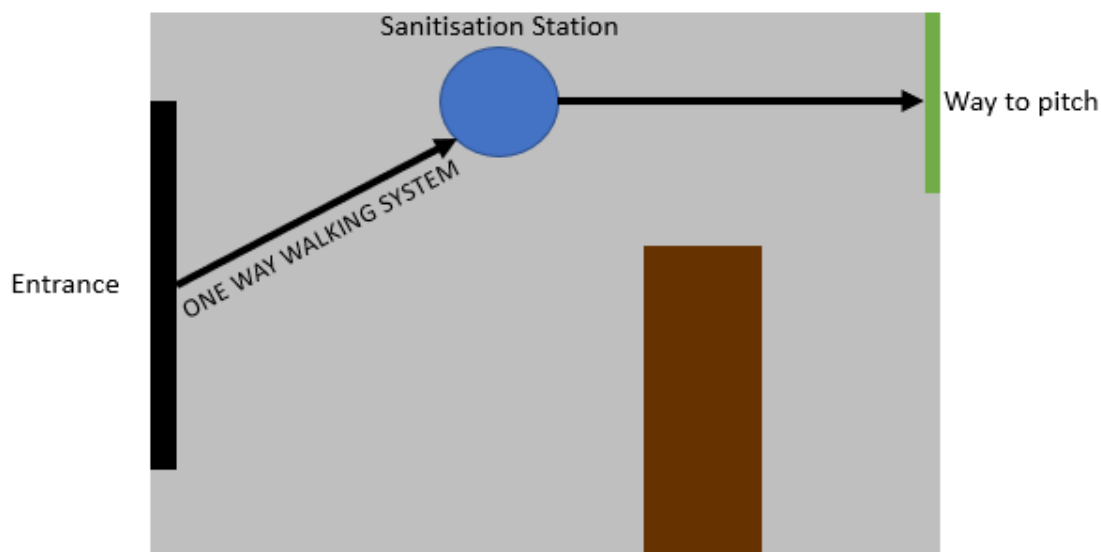
Procedures.

1. Arrival

When arriving at Lockleaze Sports Centre there will be 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.

1.1 Hand Sanitisation

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



1.2 Queuing

Participants will queue 2m apart with the designated markers on the floor before entry into the facility.

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 on arrival. Any participant or staff member who has a temperature below 37.8° will be allowed to enter the facility and participate in that session. 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 walkways in between. Participants will operate in groups within specific area's throughout the whole day. 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

We do not advise any spectators to stay and watch for social distancing purposes. Any spectators who do need to stay for any reason will need to watch from the balcony of the facility and not access any area which is used by the participants.

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 maximum ratio of 15 players to 1 coach to mitigate against risk. Coaches will be able to move between groups but will keep this to a minimum.

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 too 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 stored safely either in their allocated changing room or 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 the use of changing rooms will be kept to an absolute minimum.

5. Activity

All activities will follow government and FA guidelines. Activity will be a mixture of opposed and unopposed practices. 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 available for toilet use and storage of personal items. Access will be kept to a minimum to ensure social distancing. Anyone who leaves the pitch for any reason will be required to sanitise their hands before leaving the pitch and when re-entering the pitch.

5.5 Lunch Times

Social distancing will remain in place during lunch times in the conference space at Lockleaze Sports Centre. Participants will need their own food and drink and will not be able to share any with someone else.

6. Departures

When departing Lockleaze Sports Centre strict social distance measures will remain in place. Parents will collect the participants from the front of the facility.

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.

8. Injuries & First Aid



The only person who will deal with any injuries that occur will be the designated first aider on site..

8.1 Minor Injuries

When minor injuries occur first aid may be 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 info@bristolroverscommunity.org.uk .