

IMPORTANT NEW RULES

- **All players must be accompanied by an adult member of their household or support bubble.**
- The club **must** have written parental/guardian consent (e.g. via LoveAdmin) for every player to participate, regardless of age. Every player **must** be registered with CUJFC.
- All adults **must** either check-in using the NHS app QR code, or provide written contact details for NHS Test & Trace.

Everyone attending

- If you are diagnosed as having coronavirus, you must notify the club and self-isolate for 14 days.
- You must not attend matches or training if you have any of the following symptoms:
 - High temperature (above 37.8C)
 - A new continuous cough
 - Shortness of breath
 - A sore throat
 - Loss of or change in normal sense of taste or smell
 - Feeling generally unwell
- If you are asked to self-isolate, or have been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks you must not attend matches or training.

Coaches

- **You must have written parental/guardian consent (e.g. via LoveAdmin) for every player to participate regardless of age.** This means that every player **must** be registered with CUJFC.
- **All players must be accompanied by an adult member of their household or support bubble.** If a player is injured, a member of their household or support bubble must aid them.
- Coaches should not provide first aid unless it is a life or limb-threatening injury. First aiders must then use full PPE (mask, gloves, apron).
- The 'Test & Trace' contact details for **all adult attendees** (coaches and spectators) **must** be captured at both training and matches. We suggest that you nominate a specific person to ensure that this information is captured each week. Please contact us immediately if you no longer have a QR code. Please provide any written contact sheets to covid.cujfc@outlook.com. Please also keep your own record of players attending.
- Group sizes must be no larger than 30 (including coaches).
- Please ensure that players social distance when not playing, such as during the warm-up and cool-down.
- Training for teams in Tier 3 must include minimal contact and minimal sharing of equipment.
- Ensure that players use hand sanitiser before and after matches/training.
- Bibs should not be shared. Bibs must be washed between sessions. Ideally, if bibs must be worn, players should wash their own bib and wear it themselves at the following session.
- All equipment must be cleaned with antibacterial spray after use.
- No handshakes or team huddles.
- Officials should be paid using a cashless method.
- Do not carry passengers when travelling (other than from your own household or support bubble).

Players

- Players must have written parental/guardian consent (e.g. via LoveAdmin) to participate regardless of age. Every player **must** be registered with CUJFC.
- All players must be accompanied by an adult member of their household or support bubble.
- Players should social distance when not playing, such as during the warm-up and cool-down.
- Players should bring their own hand sanitiser to training.
- Players must use hand sanitiser before touching any equipment.
- NO SPITTING (or chewing gum).
- Players should not share water bottles.
- Players should not share equipment, such as bibs or goalkeeping gloves.
- Clothing (such as football kit) must not be shared. Players (or parents/guardians) should wash their own kit.
- When training, players should not share footballs wherever possible.
- No handshakes or team huddles.
- When travelling to training, players should not share a vehicle with anyone other than from within their household or support bubble.
- Changing and showering facilities will not be provided by the club. We ask you to avoid using the toilets at the Everyone Active stadium as we cannot guarantee their cleanliness.

Spectators

- All adults must either check-in using the NHS app QR code, or provide written contact details for NHS Test & Trace. Anyone failing to comply will be asked to leave.
- All groups of non-playing spectators (including substitutes) must remain 2m distance from one another at all times – no more than 30 people per social group.
- Spectators must not touch equipment.
- Spectators should not return any footballs that leave the field of play.