

COVID-19 Guidance

It is essential that the guidance in this pack be read in full before you decide to attend any Football Invasion League. All players must be registered with Football Invasion and by playing, you are agreeing to our terms and are declaring you are fit, well and able to participate in playing football. You will be required to abide by the COVID-19 guidance. You should not attend any games if you experience any symptoms and should inform us immediately if you test positive. Before each match you will be asked to confirm you are not displaying any Covid-19 symptoms on arrival.

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1a – What is COVID-19

Coronavirus disease (COVID-19) is a respiratory illness that affects your lungs and airways. It is caused by a virus called Coronavirus and affected individuals can display a range of symptoms from mild to severe illness which in some cases can lead to death. Affected people can also be entirely asymptomatic. Transmission is by respiratory droplets and direct contact.

COVID-19 can be transmitted in 3 ways;

- Droplet transmission when in close contact with others
- Fomite transmission by sharing of equipment like footballs and bibs
- Airborne transmission which is a risk particularly when indoors

Symptoms

The main symptoms of coronavirus (COVID-19) are:

- a high temperature over 37.8C – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

1b – Risks associated with COVID-19

In every sport and leisure activity, there are risks of COVID-19 and team sports in particular.

There are regular breaches to social distancing during 'normal' football that lead to significant periods of time during a training session or football match that carry an increased risk.

To ensure that we can return, several modifications to the rules of football have also been made.

2a - Modifications:

Hygiene and Safety Measures

- Any Symptoms do not attend
- Please hand sanitiser at the entrance and exit of the 3G.
- There will only be match balls, no training balls will be provided.
- Antibacterial the ball at the beginning and end of every match
- No bib sharing is now allowed.
- No cash is allowed
- Only arrive for your start time (players wont be allowed on the 3G if their team is not playing at the time)
- Leave as soon as your game has ended so the next game can start,
- End of the game – no handshakes
- Social Distance rules are in place before and after games.

2b - Compliance

All who take part in this version of football have a responsibility for ensuring that they adhere to the modifications put in place. Any persistent breaches of these modifications will result in players being dealt with under Game Management rules which could be accelerated to protect the safety of other players.

Should any player wish to raise a concern regarding a breach of these modifications please contact our COVID officer via email to mail@football-invasion.co.uk

2c – Equipment and Kit

Football Invasion will be providing hand sanitiser for all leagues and some venues will also have sanitisation stations. You are welcome to use your own sanitiser.

Balls

Balls will be sanitised before, between each half and after each match. Only 1 match ball will be provided per pitch. Balls for practise will not be provided. Any attendee who chooses to bring their own ball does so at their own responsibility. Players are actively discouraged from using another player's ball.

Bibs

Under these new modifications no bib sharing is allowed. Due to this we require all teams to bring their own bibs or start all wearing the same colour tops. Team Captains are responsible for ensuring bibs are not shared between players, and that they are washed between sessions. Each team needs to update their team name in the online system with their primary team colour at the end of their team name. Each team in a league plays each other twice, one of these games will be deemed a home game and other an away game. It is the away team's responsibility to ensure they do not clash with the home teams colours.

Posts

Goal Posts will be sanitised before and after each match. Players are advised to not touch the posts. They will also be sanitised after a player makes contact with them.

Match Fees

No cash will be collected at Football Invasion Leagues. All match fees must be paid through our online system.

Face Coverings

Whilst playing you are not required to wear a face covering, however should you wish to do so, you do at your own risk. Some venues may require you to wear one should you enter a building before or after a match.

3a – Attendance – Before arriving

Prior to arriving, please specify who is playing for Test and Trace purposes via our online system. It is the captains' responsibility to ensure this is done for their team.

In order to participate in our leagues, each and every time all players and officials confirm that:

- They do not have any COVID-19 symptoms.
- They have not received a positive test in the last seven days.
- They are not waiting on a Coronavirus test result.
- That no member of your household has Covid-19 symptoms or is waiting on a test result.
- Has not been advised by NHS test and trace that you have come into contact with an individual who has tested positive for Coronavirus.

- To the best of your knowledge you have not been in close contact with anyone who is exhibiting Coronavirus symptoms or has tested positive.
- All players and officials are willing to maintain social distancing where possible and to keep themselves, fellow players and officials safe by adhering to the safety advice and guidance given.

If any of the above statements cannot be qualified, then you MUST NOT participate. By participating you are thereby confirming the above to be correct.

Before leaving for a session all attendees should check themselves and anyone else in their household for COVID-19 symptoms. If they, or anyone else in their household has symptoms, they should not attend.

Any participants who have been told to self-isolate by NHS Test and Trace as a result of being in contact with a known COVID-19 case, must not attend any sessions and they should remain at home.

Players should follow latest Government guidance on travel, which can be found [Here](#)

3b – Attendance – Arrival at a session

Specific venues may have traffic flow systems in place which must be abided by. You may also be required to wear a face mask if the traffic flow takes you within a building. Many venues are operating Test and Trace. Currently this is optional in England. All participants should follow the venue guidelines and requests.

To ensure minimal interaction between players from different match times, all players are asked to arrive as close to their match start time as possible. Match times will be monitored week by week and may be adjusted slightly if safety measures are being compromised.

Players should not attend if they have any covid-19 symptoms and not fit and well. By attending you are also confirming you will abide by the relevant Covid-19 guidance.

Before each match, players will be asked if they have any symptoms. Any player whose health status has changed will be asked to return home and follow NHS and PHE guidance on self-isolation. Your attendance at a league will be stored by Football Invasion in accordance with our GDPR policy.

All players should arrive changed and ready to play. Changing facilities may not be available at the venue you are attending.

3c – Attendance – During a session

Once you have been allowed admittance to the 3G area please abide by standard social distancing rules until your match begins.

On entry and exit of the court all players should sanitise their hands. Balls will be sanitised at the start, end and between matches.

Goal Posts will be sanitised before matches begin and between matches. They will also be sanitised after a player makes contact with them.

No spectators are allowed to attend Football Invasion Leagues, this includes children.

At the end of matches handshakes are not permitted.

3d – Attendance – After a session

All players must sanitise their hands.

Players should not linger in the pitch area, but collect their belongings and leave following any traffic flow systems in place. Do not mingle with players arriving for later matches. Make sure you have all your belongings with you before you leave. Any belongings left behind will be disposed of.

Any attendee who develops COVID-19 symptoms must report to NHS Test and Trace. If you are advised to be tested and the result is positive you must notify our COVID officer via email to mail@football-invasion.co.uk who will follow current guidance and may need to share player details with the Test and Trace team.

3e – Attendance – First Aid

Our player wellbeing is paramount and therefore if any player is involved in an incident that requires urgent First Aid they will be treated accordingly. For minor injuries that do not require immediate attention players may be asked to self-treat under supervision, or PPE will be provided before treatment.

4 – Stoppages to a league –

Any attendee who develops COVID-19 symptoms must report to NHS Test and Trace. If you are advised to be tested and the result is positive you must notify COVID officer via email to mail@football-invasion.co.uk. Football Invasion will then follow current guidance and may need to share player details with the Test and Trace team.

If Test and Trace advise to stop a league, you will be notified and the league will be paused until we can return.

If and when Government introduces local lockdowns Football Invasion will adhere to all measures.

5 – Personal Risk Assessment

This information sheet aims to inform you, your family and any other household contacts you might have of underlying medical conditions which could put you at higher risk of contracting COVID-19. We recommend you consider the risk both to yourself and others of returning to and football activity.

People at moderate risk (clinically vulnerable)

If you consider yourself to be at moderate risk you should not attend modified football sessions unless your GP has confirmed it is safe for you to do so.

- Are 70 or older
- Have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis)
- Have a heart disease (such as heart failure)
- Have diabetes
- Have chronic kidney disease
- Have liver disease (such as hepatitis)
- Have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
- Have a condition that means they have a high risk of getting infections
- Are taking medication that can affect the immune system (such as low doses of steroids)
- Are very obese (BMI of 40 or above)

People at high risk (clinically extremely vulnerable)

If you consider yourself to be at high risk you should not attend any modified football sessions.

- Have had an organ transplant
- Are having chemotherapy or antibody treatment for cancer, including immunotherapy
- Are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- Are having targeted cancer treatment that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- Have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
- Have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
- Have been told by a doctor they have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
- Have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)
- Are taking medicine that makes them much more likely to get infections (such as high doses of steroids or immunosuppressant medicine)
- Have a serious heart condition or are pregnant

Enhanced Safety

In addition to the extra efforts we are making together with our venue partners to ensure a safe return to playing football, with a strong return plan at facilities that are clean and hygienic, there has been an emphasis put on the vital role that exercise and activity plays in maintaining a strong immune system. Being fit and healthy helps to fight many infections and it has been encouraged that people lead active lives throughout this period.

We look forward to working with you to keep us all safe and healthy.

It is encouraged for people to help reduce the spread of the virus through good personal hygiene. This includes:

- Frequent hand washing (wash your hands for 20 seconds) and hand sanitising during your visits
- Making full use of the soap, sanitisers and cleaning items available in venues
- Covering your mouth and nose with a tissue when coughing or sneezing and dispose of the tissue in the bin after use
- Familiarise yourself with the latest guidance from Public Health England and do not visit any venues if you are displaying symptoms of coronavirus and are advised to self-isolate
- Follow Government guidance