



**Eastside Rapids
Covid-19 Matchday Protocol
September 2020**

The following document lays out the guidance as directed by the SFA in order to allow Eastside Rapids to plan and prepare for match day.

Guidelines

- SFA Guidance - outdoor activity only
- Players do not need to adhere to physical distancing whilst on the pitch, but all adult coaches must maintain 2 metre physical distancing off pitch and around the venue.
- A Covid-19 risk assessment has been carried out on the venues.
- All equipment including goal posts are sanitised before and after every game.
- Maintain a record of attendees at all games in line with Scottish Government Trace and Test guidelines. Each club/team will take attendance this must include coaches and contact details and given to ESR - Kerr Dodds, Lauren Watters or Susan Thomson.
- The games will take place outdoors, players of all ages do not need to physical distance whilst playing but should be physical distancing (of 2m) when off the pitch.
- Each club will be given a designated area for players to leave any belongings (water bottles) and given hand sanitiser to use.
- There is no handshakes or high fives allowed.
- Should it be inclement weather - games will be cancelled. Kerr/Lauren will notify everyone on the day of the games. An alternative may not be given.

Health and Hygiene

- All coaches and players must arrive in clean kit, no changing facilities are provided.
- If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue in a plastic bag and take home then use hand sanitizer.
- Avoid touching your face and use hand sanitizer after the match is finished.
- Anyone with symptoms of COVID should self-isolate for 10 days and request a test. Household members for 14 days as per NHS guidelines.
- No one who is self-isolating should attend.
- Outside of matches everyone must adhere to physical distancing of 2 meters.
- Any player who is feeling unwell in any way they should not come to any matches.

Before matches

- Coaches and parents/carers and players should adhere to the Scottish Governments Physical distancing guidelines of staying at least 2m away from others.
- Wash your hands with soap and water for at least 20 seconds before leaving home to go to matches and go to the toilet.
- All players should arrive already wearing clean kit
- Please remember to park your car on Carnethie Street, and wait at the Park Gate until a coach has asked you to enter. Parents are asked not to spectate and to return to their car, as adults remain the greatest risk factor in the transmission of COVID Whilst waiting at the gate remain socially distant and respectful of the residential area that you are in.
- Groups of parents from different households must not congregate before, during or after the activity.
- Parents/carers please drop your player at the match and then go.

Personal equipment

- Kerr and Lauren will set up and clear up equipment. This will be wiped after each game.
- No use of hands or heads with the balls.
- Bring your own water bottle, do not share with others
- Ensure you take all personal belongings with you at the end of the matches and do not leave anything at the park.
- Hand sanitiser is available and detergent wipes.

During participation

- At end of the game, players/coaches will use hand sanitiser. A relevant coach will dismiss children to relevant adult in the courtyard at the entrance to the park, ensure you are there on time to collect your child, and to minimise extra traffic leave promptly. Please remain physically distant and be respectful of the residential area that the park is in.
- Do not congregate with others and adhere to physical distancing rules.
- Where required players will be encouraged to tie their own shoelaces.
- Please ensure players wash hands once home.

Emergency Procedures

- First Aid - should an incident happen; individual clubs would administer appropriate first aid.
- Should emergency first aid be required - First aiders would be required to wear PPE equipment.

By attending the games, you are confirming the following conditions are true.

- You are not experiencing any COVID symptoms now, or in the past 48 hours.
- You have not been in contact with anyone with suspected or confirmed COVID-19 in the last 2 weeks

If your child develops symptoms after attending an Eastside Rapids match, follow the Scottish Government Test and Protect Guidelines. They will ask for the COVID-19 Coordinator, this is Susan Thomson 07850 676 680.

It is not the club's responsibility to inform other players if someone has tested positive, but we will pass on relevant details of session attendees to the NHS Test and Protect Team.

MATCHDAY ZONES – CHILDREN & YOUNG PEOPLE

- To allow games to be played in a safe and welcoming environment we require all facility providers, clubs, spectators and members to adhere to the following matchday zones.
- Red Zone** – This is the competition ‘bubble’ and refers to the area that only players and officials can enter. The only exemption to this is the administration of first aid from the relevant club official.
- Amber Zone** – This ‘bubble’ must only be used by the coaches, officials and substitutes. This should be a minimum of 2 metres from the red zone and we recommend that all persons in this zone remain physically distanced.
- Green Zone** – This ‘bubble’ is for access to the pitch and should be a minimum of 4 metres from the Red Zone (i.e. the pitch). Again, all persons in this zone **MUST** remain physically distant.
- The following diagrams show recommended good practice.
- It is the responsibility of everyone to follow the facility protocols and ensure that games can be played.
- *Adults remain the greatest risk factor in the transmission of COVID. For that reason they **SHOULD NOT** spectate from pitch-side at this stage. For those parents who must stay to assist their child due to age or particular needs or health conditions, they must do so at least 4m outside the playing lines.

