

Nottingham Forest Women FC

Covid-19 Procedures

Below is a list of procedures expected of players and staff while at Nottingham Forest Women FC training and matches. A detailed risk assessment is available, which will be shared with all players and coaching staff prior to the return of training / games.

1. Self-checks must be carried out by all players and staff prior to attending training. Any player or staff displaying symptoms of Covid-19 must stay at home and follow NHS advice.
2. If a player becomes symptomatic during a session/match, they must be removed from the session/match immediately and taken home as soon as possible.
3. All coaching staff will be required to wear a face mask at all times during training.
4. Social distancing will be enforced where possible.
5. Players are encouraged to travel to and from training/matches with a member of their household or bubble.
6. Changing and shower facilities will not be available on site. Players will be required to arrive at training and matches already in their kit.
7. Players will be required to bring a drink that is clearly labelled as their own to prevent the risk of sharing.
8. Hand sanitiser will be provided to all coaches however, players are asked to bring their own.
9. All equipment will be disinfected before and after use. Coaches will be provided with disinfectant, paper towels and bin liners to dispose of used items.
10. Spitting and chewing gum is strictly prohibited at all times.
11. Players will not be allowed to shake hands, high five or participate in group goal celebrations with other players and staff.
12. Coaches will ensure that footballs are handled as little as possible. Where footballs are handled, coaches will disinfect them before another player is required to handle them. Goalkeepers will be provided with their own football at each session.
13. When the session has finished, players are required to leave the site as quickly as possible without congregating, while maintaining social distancing.
14. Where first aid is required, the attending first aider will wear the appropriate PPE to protect themselves and the players.

First Aid

For information on how First Aid should/will be administered by staff, please click [here](#). In the unlikely event that a player requires CPR and is not breathing, the FA's guidance is that the person administering the first aid has the choice to deliver rescue breaths or not. However, Nottingham Forest Women' guidance on providing rescue breaths on a player under the age of 16 is as follows:

We are aware that paediatric cardiac arrest is unlikely to be caused by a cardiac problem and is more likely to be a respiratory one, making ventilations crucial to the child's chances of survival.

If a child is not breathing normally and no actions are taken, their heart will stop, and full cardiac arrest will occur. Therefore, if there is any doubt about what to do, this statement should be used:

"We accept that doing rescue breaths will increase the risk of transmitting the COVID-19 virus, either to the rescuer or the child/infant. However, this risk is small compared to the risk of taking no action as this will result in certain cardiac arrest and the death of the child."

Safeguarding

As always, Nottingham Forest Women' FC accepts its responsibilities in ensuring football is a safe place for everyone involved.