



CJB Coaches Briefing Document

Before training/matches

- Ensure that everyone has been checked for signs of COVID-19
- Ensure that equipment has been thoroughly cleaned and disinfected
- Make sure that hand sanitizer is available for use by players, coaches and parents
- Ensure that team risk assessment and attendance register are completed
- Ensure that you follow the latest government guidelines when travelling and try to avoid public transport or car sharing

During Training/Matches

- Ensure that substitutes maintain social distancing
- Encourage players to not clutter in one area for dead ball situations
- Regular hygiene breaks should be encouraged
- Restrict players to 1m distance from each other during breaks
- Encourage players to maintain good hygiene
- Ensure that players bring their own drink and do not share bottles
- Sharing kits should be avoided
- When a ball goes out of play a non-playing member should not retrieve the ball
- Handling the ball should be kept to a minimum
- Participants must not spit and should avoid hand shaking
- No more than 30 in a group (this does include Coaches as well)

After Training/Matches

- Encourage players and parents to clean their hands before leaving
- Ask parents and players to leave in a less crowded style. Example of this is to have families leave 2 or 3 at a time
- Make sure that equipment is thoroughly cleaned and disinfected
- If a parent informs you that their child has been ill with COVID-19 symptoms, then make other parents aware
- DO NOT say who has the symptoms as this would be an inappropriate breach of confidentiality

Covid-19 symptoms

- A high temperature (above 37.8°C)
- A new continuous cough.
- Shortness of breath.
- A sore throat.
- Loss of or change in normal sense of taste or smell.
- Feeling generally unwell.
- or have been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks.

If a player, parent or coach displays symptoms then suspend all training and matches for 2 weeks. We encourage you to follow these rules to ensure the health and safety of all players, parents and coaches.