



CJB Players Briefing Document

Before training/matches

- Ensure you or your parent/guardian does a check for any signs of COVID-19 symptoms
- We encourage you to use hand sanitizer to restrict spreading the virus
- Make sure your manager/coach is aware that you are present and that your name appears on the team register

During Training/Matches

- We ask that you stay at least 1 meter apart whilst you are placed as a substitute on the side
- We encourage no hand shaking or high fives to reduce contact and spread of COVID-19
- Do not shout whilst standing near other players
- Dead ball situations, such as penalty or corner kicks, should be taken quickly with players not cluttered in one area
- Avoid man marking, wherever possible
- Use hand sanitiser during breaks in play, wherever possible
- Avoid any unnecessary handling of equipment and use feet only to retrieve footballs
- Wash or at least sanitize your hands following any handling of equipment

After Training/Matches

- Wash or at least sanitize your hands to restrict spreading the virus
- Kits are to be washed thoroughly
- Players must leave 2 or 3 at a time and avoid any mass grouping
- Any COVID-19 symptoms should be reported to parents and the manager/coach

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.

These rules are in place to ensure the safety of yourself and those around you, and are designed to help contain the spread of COVID-19