



CJB Parents/Spectators Briefing Document

Before training/Matches

- Ensure that you do a check for any signs of COVID-19 symptoms in yourself or your child
- Ensure that you follow the latest government guidelines when travelling and try to avoid public transport or car sharing
- Ensure that any player kit has been washed thoroughly

During Training/Matches

- Make sure you are no more than 6 to a group
- Encourage your child to keep their distance whilst not playing
- Ensure that your child has their own drinks bottle and to avoid any unnecessary sharing
- Encourage your child to maintain good hygiene during breaks in play

After Training/Matches

- Please leave individually or in small groups, and follow any venue specific rules
- Ensure that any player kit is washed thoroughly
- Any COVID-19 symptoms in either you or your child should be reported to 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 help with the health and safety of you, your child and our coaches and are designed to help contain any spread of the disease. We encourage you to get behind these rules to help a safe return to football