



# SHOLING F.C. – PLAYER CODE OF BEHAVIOUR

Copyright © 2020 NEIL ANTROBUS

TheFA  
Charter  
Standard  
Community  
Club.

Covid-19 is a highly infectious and dangerous disease. A resumption of contact play is only achievable if those involved create and maintain a controlled environment that minimises the threat of infection.

Risk in sport cannot be completely eradicated but with caution and care these risks can be reduced. Each player will need to decide when to return to contact football, based on their own circumstances and the arrangements that have been put in place for a safe return. This is particularly the case for players from BAME communities or those with underlying health conditions.

All those returning to competitive grassroots football must adopt the following code of behaviour.

## EXPECTATIONS OF PLAYER



### Be aware of your own personal health.

If you show any of the Covid-19 symptoms you must stay at home, inform NHS Test and Trace and seek medical advice.



### Be responsible.

Read the guidance provided by The FA and by your club so that you are aware of the changes to the game and what is expected of you.

This will include things like:

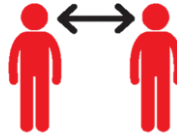
- Wearing a clean kit
- Bringing your own labelled water bottle
- Bringing your own labelled hand sanitiser



### Practise good hygiene.

Wash your hands regularly and before, during and after a game.

2 METRES



### Where possible maintain social distancing.

This won't always be possible in a competitive match environment (for example when tackling an opponent) and that is acceptable. However, before, and after a game you should maintain social distancing.



### Support NHS Test and Trace.

You're coach is likely to take a register of attendance, so that in the event of a Covid-19 outbreak those potentially infected can be traced.

Make sure you have been registered.

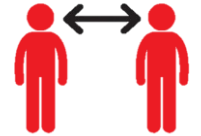


### Do not spit.

Spitting and the rinsing out of mouths is now a recognised risk to health and must not be done.

Avoid shouting or raising your voice if face to face with other players.

2 METRES



### After the game.

Be aware that other users may be waiting to use the facilities.

Changing rooms and showers are likely to be closed and any socialising must follow the **Government's guidance** on social distancing

PLAYER NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

SIGNED: \_\_\_\_\_