



## UPDATE

### Guidance for players

#### In advance of returning to football activity

- Confirm with your club that you will only be taking part in activity that complies with the latest Irish FA and NI Executive guidance
- As we progress through the NI Executive five step plan, there will be changes in football activity including the introduction of new arrangements and unfamiliar restrictions; as a player, please support those who are trying to provide a safe re-introduction to football in line with the guidance and you can do this by following the guidance provided by the Irish FA plus measures introduced by your club/venue
- Make yourself aware of the measures being taken to provide a safe environment; if you are not happy with the arrangements that have been made, you should remove yourself from that environment
- If you have additional disability or medical needs, please ensure that you have discussed this specifically with the club and coach; you can then agree how/if these needs can be met within current NI Executive guidance

#### Before sessions

- If you have been diagnosed with COVID 19 or are displaying any of the symptoms detailed <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice> **you must not attend training**
- If a member of your household has been diagnosed with COVID 19 or is displaying these symptoms **you must not attend training**
- Do not car share on the way to or from training with anyone outside your household
- Practice good hand hygiene always

#### During sessions

- Some facilities may have one way or parking systems in place; find out what these are in advance and comply with all guidance
- Practice good hand hygiene; wash/sanitise hands before all activity

- Refrain from spitting or clearing of nasal passages; if you need to sneeze or cough, do so into a tissue and put the tissue in the bin and if you do not have a tissue, use the crook of your elbow
- Equipment (footballs, cones etc) should be handled as little as possible
- Ensure that you bring your own water bottle that is clearly recognisable as yours
- If you suffer an injury, you will be encouraged to self-treat where appropriate; if there is a First Aider or other medical personnel present, they should be equipped with the appropriate PPE to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance
- If you become symptomatic during the session, you should immediately remove yourself from the session and return home as soon as possible; NHS guidance on further management of symptoms should be followed

### **After sessions**

- Do not congregate and leave the venue quickly
- Ensure that social distancing guidance continues to be adhered to
- Follow any exit systems in place at the venue
- Wash/sanitise your hands as soon as possible after the session

### **'Mind your Head'**

- For some the experiences over the lockdown period and in relation to the Covid-19 situation may have been very difficult
- If your mental and emotional wellbeing has been affected as a result of the changes brought about by Covid-19, the Irish FA's Ahead of the Game programme can help you
- You can click here for material including a webinar and some support details; the guidance you'll find could help you, or anyone else you know who may be struggling:

<https://www.irishfa.com/irish-fa-foundation/community-volunteering/ahead-of-the-game#:~:text=Ahead%20of%20the%20Game%20is,mental%20health%20and%20preventative%20measures.>