



**CAMBRIDGE UNITED FOOTBALL CLUB
COVID-19 OPERATIONAL POLICY (COOP)
RETURN TO TRAINING (RTT) PROTOCOL STAGE TWO
PLAYERS & ESSENTIAL STAFF
2020/21**

This document has been prepared by the appointed Covid-19 Officer ANDY BEATTIE

Approved by IAN MATHER (CEO)

on behalf of the Cambridge United Board of Directors

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1. Return to Training and Testing

“Stage Two training can be described as the resumption of close contact training (interaction within the two metre social distancing boundary) following five days of non-contact training, where pairs, small groups and/or teams will be able to interact in much closer contact Under Stage Two conditions, social distancing will continue to be the expectation at all other times aside from technical training.”

This document details the RTT Protocol, in accordance with these latest Government and EFL guidelines, which are applicable to all players and essential staff from the date of issue.

This RTT Protocol will be reviewed as follows and approved by the CUFC Board;

- On a daily basis during week 1 of return to training
- To be advised after week 1
- Immediately following any change in Government, PHE or EFL guidelines
- Immediately following any positive result from a Covid Antigen Test (CAT)

Players and staff are reminded that Government and PHE guidelines must be adhered to at all times, including;

- Social distancing, i.e. 1m+
- Personal hygiene measures, i.e. wash your hands with warm water and soap for 20 seconds. Where soap is not available, use hand sanitiser
- Isolation guidelines

On arrival to the training ground, Players and staff should maintain social distancing recommendations and not engage in physical contact of any sort.

Only staff whose presence is essential will be permitted access to the Clare College Sports Ground and with the prior permission of the Covid Appointed Officer.

The Club’s Covid Appointed Officer is Andy Beattie and he will be responsible for the oversight of the operational risk assessments, application of control measures and achievement of the minimum guidance standards from the EFL.

This policy will be sent via email to all staff and player prior to their return to training.

The Emergency Action Plan for the Clare College Sports Ground has been reviewed by the Head of Medical to reflect the current Covid environment and availability of local medical facilities. For the avoidance of doubt, Addenbrookes Hospital remain available for emergency treatment.

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For the avoidance of doubt, nothing in this RTT Protocol policy nor in the EFL's guidelines replaces, reduces or affects in any way the obligations imposed on the Club by statute and/or common law in the fields of medicine, occupational health and/or health and safety.

2. Return to Training and Testing

All players and staff must provide written confirmation they have received and agree to be bound by the terms of this RTT Protocol.

Any player or member of staff can opt-out of this RTT Protocol, without unreasonable steps being taken against them, by confirming in writing to the Covid Appointed Officer. Under such circumstances, the player or staff member shall not be permitted to attend the Clare College Sports Ground or any other club site without the Club's prior permission.

All players must have completed a successful Covid Symptom questionnaire and Staff Well-being survey on or before on or before Friday 31st July.

Before every training session, all players and staff whilst in their cars, must successfully complete a non-invasive temperature check, undertaken by suitably qualified Club medical staff, at the Sports Ground entrance upon arrival.

On Saturday 1st August, before entry onto the Training Field all players and applicable staff will complete a Covid Antigen Test (CAT). A further test will be taken midway through pre-season and before a return to First Team Competitive matches. Testing will take place outside subject to weather conditions; if not possible, the reception room will be utilised and all doors and windows will remain open in the testing room.

Players and staff must maintain 2m social distancing at all periods of testing and return to safe distances as soon as possible throughout the testing process.

Testing is restricted to one player at a time; players must be given individual timeslots and may not arrive early for testing. Testing timeslots must be no more than 15 minutes, if applicable a minimum of 5 minutes of 'breathing time' for the room will be allowed, for staff to clean all equipment using appropriate antibacterial cleaning products and change PPE before the next player arrives.

Players must leave the building immediately following completion of testing and may not re-enter for any reason.

Players may only have access to the Reception Room being used for testing during their time slot, the rest of the building remains off limits as per the CUFC Return to Training Protocol.

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Any other staff member whose role may breach social distancing measures (e.g. medical staff) must also successfully complete a Covid Antigen Test (CAT) on or before Saturday 1st August, before returning to training, and a further test midway through pre-season.

The CAT sample must be taken in accordance with Appendix 1. The CAT samples from all EFL clubs will be analysed by Nationwide Pathology and the results of the tests will be returned directly to the Head of Medical. The EFL will receive the anonymised results of the tests.

The following action plan in will be utilised;

Scenario number	CAT result	Symptoms	Action
1	+	Present	Isolate for seven days or until symptoms resolve. 7 day graded recovery off-site from symptom end. Re-join testing no earlier than 28 days from start of symptom
2	+	Absent	Has individual experienced Covid type symptoms in previous month? Yes – seek EFL medical advice. No – isolate for 10 days and return on day 11. Monitor days 11 to 14. If symptoms develop in those 14 days, isolate for 7 days. Re-join testing no earlier than 28 days from start of symptom
3	-	Present	Normal clinical practice – return at resolution of symptoms If strong suspect/history of symptoms, manage as +/present and consider EFL medical advice
4	-	Absent	Cleared to attend the MGTA

For the purpose of clarification, in the event a player or staff member has a positive CAT result, that player or staff member will be required to isolate and will not be permitted to return to First Team Competitive matches or training unless they have submitted a negative CAT test result within 48 hours of the first fixture. The other players within his training group or staff are not required to isolate, unless the Head of Medical has determined that any other player or member of staff has been in prolonged close contact of more than 15 mins within social distance of the positive player.

Club medical staff must wear PPE during the CAT supervision and the taking of temperatures and dispose of used PPE in the clinical waste bins.

1. Gloves
2. Apron
3. Type IIR mask
4. N95 visor (CAT test only)

For the purpose of clarification, in the event a player or staff member has a positive temperature test, that person will not be allowed entry and will be required to self-isolate.

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The other players within his training group or staff are not required to isolate, unless the Head of Medical has determined that any other player or member of staff has been in prolonged close contact of more than 15 mins within social distance of the positive player.

A player or staff member may also be subject to an additional ECG before returning to training.

3. Daily Monitoring

All players and staff must report any symptoms of Covid-19 that they or any member of their household experiences to the Head of Medical immediately and may not enter the Sports Ground without prior permission from him;

- High temperature of 37.8 centigrade or over
- New, continuous cough
- Breathlessness
- Loss or change of sense of smell
- Loss or change of sense of taste

Players must adhere to Whereabouts regulations and update Whereabouts directly if you are late, absent or leave training early for any reason.

4. Travel to/from the Clare College Sports Ground

Unless cohabitating within their own social bubble, all players and staff must travel in their own vehicle and ensure it is cleaned regularly, with specific consideration to the door handles, gearstick and steering wheel. They must use disposable gloves at the petrol station and wash their hands with soap and warm water or hand sanitising gel after refuelling their car.

Players and staff cannot car share or use public transport unless the individual cannot drive. Players or staff who car share or use public transport will not be allowed entry to Clare College Sports Ground unless prior permission is given. Should a player or member of staff have to share a car or use public transport, a mask should be worn at all times and government guidelines should be followed at all time.

Players and staff must access the Sports Ground from the main entrance and park in the gravelled areas. Wherever possible cars should be reversed into their parking space to maintain social distancing between parked cars. Staff to park in allocated staff parking spaces alongside tennis courts, again wherever possible reversing into their parking space to maintain social distancing.

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If players arrive early prior to the advised training time they should remain in their cars until the allotted training time.

Players and staff must enter and exit the training area through either of the entrances as signposted on site and marked on Appendix 1.

Upon arrival and departure, all players and staff must wash their hands with hand sanitiser provided on tables at the entry/exit points located either side of the tennis courts.

5. Food, Drink and Kit

The changing rooms, boot room store, showers and canteen will be strictly closed to entry for Players.

Players and staff must wear their training kit to the Sports Ground and bring all boots, shin pads, trainers, bibs, GPS Vest, and GK gloves with them, and take them home afterwards. No personal items may be left at the Sports Ground.

All players and staff will be provided with 3 sets of training kit on the first day of training. Players and staff should wear their own training kit for the first session back.

Players and staff must take their training kit home and wash it, including GPS Vest.

Players will be provided with individually marked meals each day of training and each have their own individual water bottles. Players must not eat their food at the Sports Ground, it must be eaten off-site.

Players and staff must not share any water bottles, drinks or food with any other player or member of staff.

6. Before Training

Players will be sent their training session online via the WhatsApp group in advance of the session, to reduce the possibility of contact between players and/or staff.

Players must arrive at their designated time and leave the Sports Ground immediately after they finish their session.

Players will be issued a GPS unit from the table outside the Boot Room store and must return it to the table immediately after training.

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The use of medical equipment must be minimised to as low as reasonably practical, i.e. for injury and illness management, and under the guidance of the Head of Medical.

Strappings will only be permitted if it essential and approved by the Head of Medical in advance. Any strappings must be done by the player themselves prior to arrival at the training ground.

Activation/pre-hab sessions must be completed within areas as designated by the Fitness & Conditioning Coach.

All footballs and training equipment will be disinfected and stored in the Boot Room store. All GPS units will be disinfected and stored in isolation, with The Fitness & Conditioning Coach having sole access & responsibility.

Disposable gloves will be available for players and staff to use at their discretion.

7. During Training Sessions

See Appendix 3 for stage 1 training

Players and staff must refrain from spitting, chewing gum or using Snus at the Clare College Training Ground. A disciplinary fine may be issued if this is not adhered to.

Players and staff must sneeze/cough into a tissue, or the crook of their elbow, and sanitise immediately after. A disciplinary fine may be issued if this is not adhered to.

8. After Training

Warm down sessions must be completed within areas as designated by the Covid Training & Coaching Co-ordinator.

There will be no access to showers or baths after training.

Players must return their GPS unit to the table outside the Boot Room store and pick up their individually marked food from the table outside the canteen entrance.

Players must also use the hand sanitiser gel at the tables situated at the exits and must leave the Clare College Sports Ground immediately after they finish their session.

Equipment (including boots, gloves, footballs, cones, corner flags, goalposts and GPS units) must be disinfected by staff wearing PPE after each use/session.

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9. At Home

All players and staff are required to comply with Government guidelines for social distancing and isolation outside of the Clare College Sports Ground.

Immediately after entering the house (in the hallway), players and staff should put all their used kit, including GPS vest, into a cloth bag and wash it at 30 degrees. Then immediately have a shower with soap to wash thoroughly, including hair. Kit **SHOULD NOT** be tumbled dried and should be allowed to dry naturally where possible.

10. Facilities

Players or staff must not congregate in any communal areas, there will be no access to the pavilion building except for designated staff.

The boot room store, showers and canteen will be strictly closed for use by the Players.

The treatment room is only open for use in emergency, with access from the side door. The use of medical equipment must be minimised to as low as reasonably practical, i.e. for injury and illness management, and under the guidance of the Head of Medical. The changing rooms will be open to facilitate hand-washing.

Medical treatment tables must be at least 2m apart and must be disinfected between examinations/treatments with a suitable cleaner.

Medical staff must wash their hands with soap and warm water and disinfect treatment tables and surfaces with a chlorine-based cleaner between examinations/treatments.

Most gym activities will be conducted outdoors. The gym will be limited to a maximum capacity of 10 people at any one time and all windows and doors will remain open throughout its use. To facilitate social distancing only equipment that is spaced 2m apart will be available for use. Touch points of equipment should be cleaned after use using spray and cloths provided. This will be in addition to the cleaning schedule.

Access to the Reception room is strictly limited to Medical staff only to access the ice machine.

Following every training day, the Clare College Sports Ground toilet facilities and any inside areas used will be cleaned in accordance with the Government guidelines of "Covid-19: Cleaning in non-healthcare settings" (as updated on 15th July 2020).

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11. Staff and PPE

Only staff whose presence is essential will be permitted access to the Clare College Sports Ground.

Medical staff must have access to the following PPE in accordance with Government guidelines.

1. Fluid resistant surgical mask (type IIR, or type N95 if conducting CPR)
2. Disposable gloves
3. Disposable plastic apron
4. Fluid resistant visor (if conducting an examination of a player's mouth, head, ear, nose or throat)

The changing room will be exclusively designated as the PPE room for medical staff to put on and take off the PPE required for testing and treatments. This must be done prior to them entering the treatment room. Used PPE must be disposed of in the clinical waste bins.

The Head of Medical will deliver non-invasive temperature and PPE training to medical staff in advance of the return to training date.

All gloves and aprons must be disposed of between examinations/treatments in a clinical (yellow) waste bin. All masks must be replaced as soon as they become moist or soiled.

The toilets in the changing rooms will be open for use. Only one player or member of staff may use the toilet at any one time. Players and staff must follow the personal hygiene measures after using the toilet.

All clinical waste bins must be removed from the Clare College Sports Ground at least once every 14 days.

12. Media

Media visits to the Sports Ground will be limited to Club staff unless by prior arrangement.

Club staff will be restricted to one visit per week to access training content.

All media will have to undergo a successful non-invasive temperature check at the Sports Ground entrance before entry is allowed.

All interviews will take place adhering to the social distancing guidelines in place at the time.

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Appendix 1



Unit 1, Bitteswell Business Park, Ullesthorpe Road, Lutterworth

COVID-19 PCR SWAB Sample Collection Instructions

Please read these instructions carefully before opening swab – you must obtain sample from your THROAT and NOSE using the SAME SWAB.

1. Ensure hands are clean and dry.
2. Where it is a third party taking the sample, ensure suitable and appropriate PPE is worn.
3. Identify the correct Patient Pack out of the supplied kits.
4. Verify the name is correct and IMPORTANTLY that it corresponds to the person being sampled.
5. Reach into the Patient Pack and select ONE of the small clear bags that contain the pre-labelled VTM tube and Sterile Swab. There are 8 x separate collection packs in each patient pack – one to be used for each screening over the coming weeks.
6. Peel apart the package to the Sterile Swab. Please ensure the Sterile Swab does not touch anything other than the area to be sampled – It is important that it remains sterile.
7. Insert the brushed-tip end of the Sterile Swab into mouth, avoiding tongue, teeth and, sides of the mouth.
8. Brush the swab repeatedly for 3-5 seconds at the back of throat, over the posterior pharynx and tonsillar areas. Take care to avoid tongue, teeth and, the sides of the mouth.
9. Then, insert the SAME SWAB approximately 2cm into one nostril.
10. Gently rotate inside nostril for 3-5 seconds.
11. Repeat the process for the other nostril again, again, using the SAME SWAB.
12. Open the lid to the VTM tube (the small plastic tube containing liquid) and insert the brushed- tip end of the swab into the VTM liquid.
13. The swab is designed to break halfway down the shaft so that it can be transported in the VTM tube.
14. Break the handle of the swab at the “breakpoint” of the swab, leaving the brushed-tip end of the swab in the VTM tube.
15. Secure the lid of the VTM tube either by clicking shut, or twisting the cap, (depending on type).

Place the VTM Tube containing the swab back into the clear bag and deposit as instructed to be sent to the laboratory for analysis.

[Email: info@nationwidepathology.co.uk](mailto:info@nationwidepathology.co.uk)
 Telephone: 01534 511444
 www.nationwidepathology.co.uk
 Nationwide Pathology Limited
 Registration No: 1217869
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 Our Terms and Conditions Apply

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Appendix 2

**COVID-19
Return to Training Stage Two: Occupational Health Risk Assessment
Clare College Sportsground**

23rd July 2020

**COVID-19 OFFICER:-
Signature**

Andy Beattie

**CLUB CEO:-
Signature**

Ian Mather

GREEN (2) All necessary levels of preventions are in place Carry out duties

AMBER (1) Some levels of preventions are not sufficient enough to carry out duties. Carry out remedial actions prior to continuing with duties

RED (0) Levels of preventions are insufficient to carry out duties . **STOP WORK** – do not carry out duties until remedial actions are in place

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ACTIVITY & FACILITY	RECOMMENDED ACTIONS	Mitigation Score COMPLETED (2) IN PROGRESS (1) NOT IN PLACE (0) Delete as appropriate
Travel	<p>It is recommended that personal vehicles are used.</p> <p>Players must travel in individually</p> <p>Questionnaire completed prior to arrival by all players and staff</p> <p>Clean car regularly with wipes, with specific consideration to door handles, gearbox and the steering wheel.</p> <p>Disposable gloves should be worn at petrol pumps after which hands should be washed using soap and water or sanitised using appropriate hand gel.</p> <p>On arrival to the training complex, players should maintain social distancing recommendations and not engage in physical contact of any sort. Guidance for car parking arrangements is provided in Annex 1</p>	<p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p>
Entrance	<p>One-way system is in place. All should wash their hands both on arrival and leaving. (sufficient gels/ handwashing facilities available)</p>	<p>2</p>
Changing, Showering, Toilets	<p>IR Temperature checks in place</p> <p>Sufficient kit should be provided(3 sets)</p> <p>Players/Staff should have a change of clothes(consider outdoor changing area with used clothes bagged to return home for washing</p> <p>Specific care should be paid to keep toilets in good condition, clean and handwashing after using them.</p> <p>These areas should be cleaned as frequently as possible, and preferably several times per day. A cleaning rota and record is recommended. Longer-acting cleaning agents should be applied at appropriate intervals on the advice of the manufacturer</p>	<p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p>

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<p>Dining</p>	<p>Players nutrition and drinks should be pre-packed individually and eaten off-site to avoid social contact</p>	<p>2</p>
	<p>Dining rooms remain closed</p>	<p>2</p>
<p>Kitchen</p>	<p>Take away food should be prepared by the minimum number of catering staff (preferably a single individual) adhering to usual catering hygiene processes including</p> <ul style="list-style-type: none"> • Cleaning of surfaces in the manner described above • Hand washing prior to preparing food and afterwards • Use of gloves where appropriate for food handling • The value of <i>medical</i> face masks in this environment is uncertain, the risks of contamination through moisture in the masks and adjusting masks for comfort are concerns. Alternative masks (such as cloth-based) may be used but should be washed and maintained appropriately. • Kitchen staff where possible should adopt social distancing when working. Ideally, if a single member of staff can prepare food this would be preferable. 	<p>2</p>
<p>Medical/Treatment Room</p>	<p>Surfaces should be cleaned using an appropriate agent on a regular basis in medical assessment room.</p> <p>Couches at least 6 feet apart</p> <p>Surfaces/Couches which have been used for medical assessment/treatment should be sprayed and wiped between assessment</p> <p>Appropriate PPE should be worn by <i>medical staff</i> performing face-to-face duties with players such as providing treatment or massage, taking blood tests or other specimens (separate recommendations for CPR below)</p> <p>This PPE should consist of:</p> <ol style="list-style-type: none"> 1. Fluid Resistant Surgical Masks (Type 2R) 2. Eye Protection (goggles or visor) when conducting an examination of a player’s mouth, head or ear, nose and throat areas 3. Gloves 4. Plastic Apron 	<p>2</p> <p>2</p> <p>2</p> <p>2</p>

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	<p>In instances where it is not practical to wear gloves and/or apron, the practitioner should adhere to strict hand hygiene procedures before and after patients.</p> <p>There is no requirement to change eye protection and face masks between assessment, unless they are soiled, or the mask becomes damp.</p> <p>It is recommended that doctors restrict medical examination to those which are essential. For example, ENT assessments may be unnecessary, and treatment may be provided on history alone.</p> <p>Donning and Doffing areas for PPE should be arranged at training grounds. Doffing areas should have a sink where possible. Public Health England have provided guidance for both processes to reduce inadvertent contamination.</p> <p>PPE equipment should be cleaned using an appropriate (e.g Chlorine-based agent) or disposed of following use in a clinical waste bin.</p> <ul style="list-style-type: none"> • Goggles and Visor may be cleaned after use • Medical Masks should be disposed <p>Use of medical equipment should be minimised to as low as reasonably practical, thus limited to injury and illness management and provided only under the instruction of the club doctor(s)</p> <p>Medical waste bins should be emptied as often as possible but not longer than every 14 days</p> <p>Oxygen, entonox and nebulisers may be delivered using the PPE ascribed above.</p>	<p>2</p> <p>2</p>
<p>Indoor Environment including Gym and Laundry</p>	<p>Gym should remain closed and out of use for all players and staff</p> <p>In the initial phase of return to small group training the laundry should remain closed and players are provided with sufficient kit (at least 3 sets), which should be taken home and washed separately.</p>	<p>2</p> <p>2</p>
<p>Accommodation/Living Families</p>	<p>The risk of contracting COVID-19 is increased through interaction in community settings.</p> <p>Thus, players and staff who live with their families and children are at greater exposure risk than those that live alone (as other family members will be going about their normal lives).</p> <p>Players that test positive/develop symptoms should leave the training facility until it is safe to return (see recommendation below). This brings a risk of players potentially infecting family member which will inevitably cause concern.</p>	<p>2</p>

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	<p>Options</p> <ol style="list-style-type: none"> 1. Self-isolation of co-habiting members and children for the remainder of the season. 2. Provision of hotel accommodation, 	
<i>Training</i>	<p>Session planning has been undertaken remotely</p> <p>Guidelines and social distancing are being complied with at all times.</p>	<p>2</p> <p>2</p>

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**Appendix 3****COVID-19 SCREENING QUESTIONNAIRE****NAME:****DATE:**

As you will be aware, as a result of the COVID-19 pandemic, medical staff will be conducting daily routine screening of new health symptoms in all players and staff.

Today, have you had:

COMPLAINT	YES	NO
New cough*		
Fever / Temperature*		
Unusually short of breath during exercises or at rest*		
Loss of smell*		
Loss of taste*		
Red eyes or sticky eyes		
New abdominal pain or diarrhoea		
New blocked/runny nose		
New unusual fatigue with muscle and joint pains		
Headache		
New skin rash		
Has anyone in your household or that you have had close contact with developed symptoms of COVID-19 or been diagnosed with COVID-19? If yes, what:		
TEMPERATURE (objective fever defined as 37.6deg)		

If you have had any of these symptoms, please report it to your medical staff

*indicates most sensitive symptoms

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Appendix 4

**PLAYER & STAFF WELL-BEING
SCREENING QUESTIONNAIRE****NAME:****DOB:**

Prior to players and staff returning to Cambridge United's training ground and stadium, medical staff are requesting all to complete a health and well-being questionnaire. The responses collected will help best inform a strategy to manage any physical and mental health effects of the ongoing COVID-19 pandemic.

		YES	NO
Do you feel you are currently fit to fulfil your role? If not, why?			
Have you been diagnosed with COVID-19? If yes, what symptoms did you have and when was diagnosis?			
Have you experienced any of the following symptoms? If so, when?			
	Not Present	Currently Present	Within the last 14 days
			Within the last 3 months
Cough			
Fever/chills/shivering			
Shortness of breath			
Difficulty breathing			
Body or muscle ache			
Headache			
Loss of smell/taste			
Sore throat			
Sore/watery eyes			
Diarrhoea			
Fatigue/tiredness			
Nausea/vomiting			
Runny nose			
Chest pain			
Palpitations			
Skin rash			

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Has anyone in your household or anyone you have been in close contact with been diagnosed with COVID-19? If yes, list symptoms		
Has anyone in your household or anyone you have been in close contact with experienced any of the symptoms listed above in the last 3 months? If yes, when, what and are they in your household?		
Are you or anyone in your household currently self-isolating, 'shielding' or classed as 'high risk'? (e.g. cancer, immunosuppressive medication, severe respiratory condition, pregnant). If yes, provide details		
Have you travelled outside of the UK in the last 14 days? If yes, which countries, regions & airports?		
Do you have any long-term health conditions, or conditions for which you need or have ever needed medical treatment? (including asthma, hayfever, cardiac issues etc). If yes, provide details		
Are you currently taking any medications or using any inhalers? If yes provide details including name, dose and frequency		

Over the last 2 weeks, how often have you been bothered by any of the following problems?				
	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things				
Feeling down, depressed or hopeless				
Trouble falling asleep or sleeping too much				
Feeling tired or having little energy				
Poor appetite or overeating				

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Feeling bad about yourself, or that you are a failure/let yourself or your family down				
Trouble concentrating on things such as reading or watching TV				
Moving or speaking so slowly that other people have noticed. Or the opposite, being so fidgety or restless				
Thoughts that you would be better off dead or of hurting yourself				
Feeling nervous, anxious or on edge				
Not being able to stop or control worrying				
Worrying too much about different things				
Trouble relaxing				
Being so restless that it is hard to sit still				
Becoming easily annoyed or irritable				
Feeling afraid as if something awful might happen				
How difficult have the above problems made it for you to do your work, take care of things at home or get along with other people?				
Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult	

Signed:

Print:

Date:

Questionnaires should be completed prior to return to Cambridge United Football Club and emailed to mikey.burroughs@cambridge-united.co.uk

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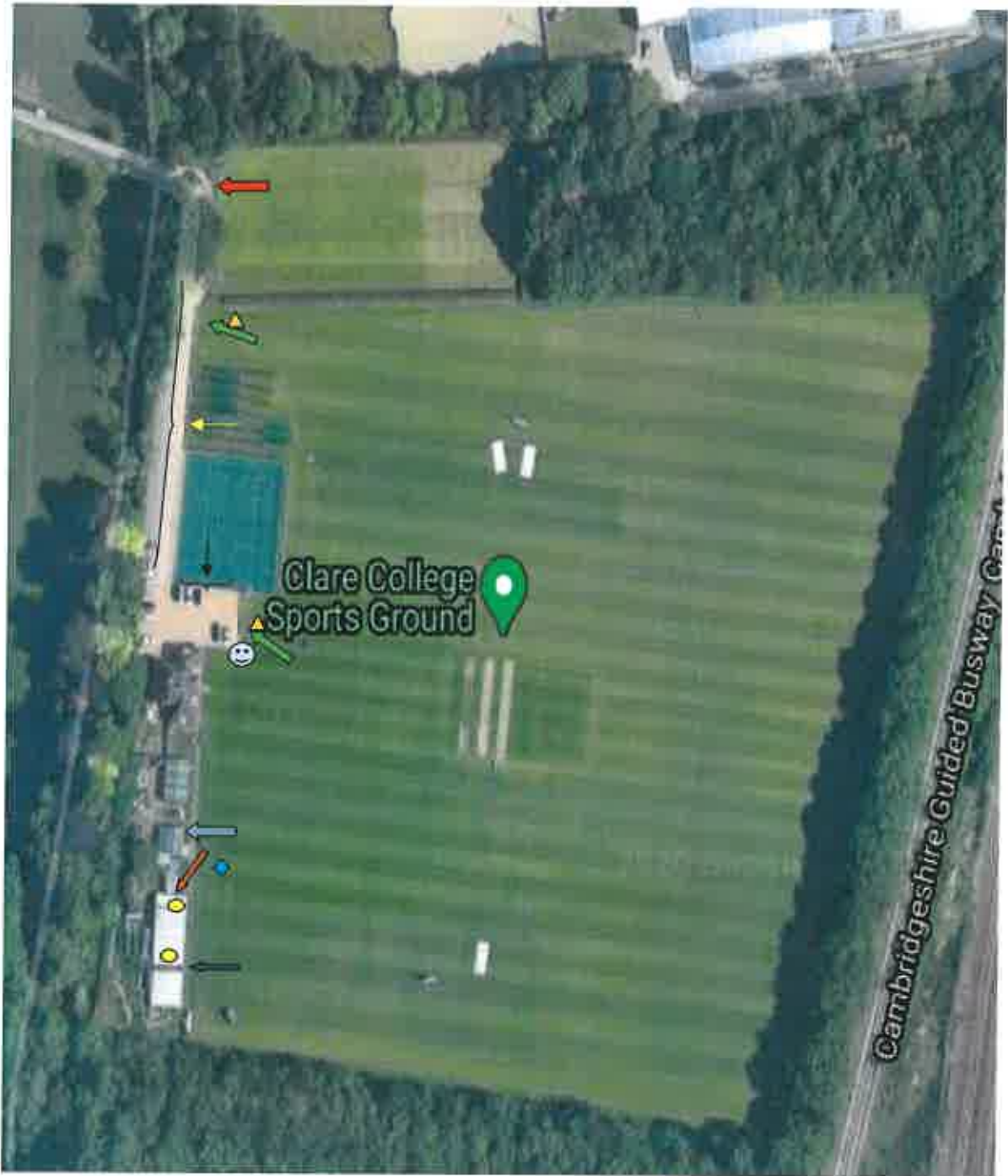


Appendix 5

Key

	Main entrance & temperature check
	Training ground entrances
	Medical room entrance
	Changing room entrance
	Gym entrance
	Staff car parking
	Players' car parking
	Hand sanitiser stations
	GPS pick-up/drop-off point
	Food pick up point
	Clinical/PPE waste bins

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Appendix 6

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Returning to Training with Contact

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RETURNING TO TRAINING WITH CONTACT

1. INTRODUCTION

This document and accompanying information has been put together to direct Clubs with regard to their return to training with contact.

The government guidance in this respect can be viewed here

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/elite-sport-return-to-training-guidance-stage-two>

It states; 'Stage Two training can be described as the resumption of close contact (interaction within the two metre social distancing boundary) training where pairs, small groups and/or teams will be able to interact in much closer contact (e.g. close quarters coaching, combat sports sparring, teams sports tackling, technical equipment sharing, etc).

It is anticipated that engaging in this type of training would start with smaller 'clusters' of 2-3 athletes and eventually progress to larger groups of 4-12 athletes, and ultimately full team training, without social distancing possible at all times.

Under Stage Two conditions, as per Stage One, social distancing will continue to be the expectation at all other times aside from technical training.'

2. TRAINING PREPARATION

- 2.1. Players should arrive in their own cars/transport and observe social distancing guidelines upon arrival.
- 2.2. Where possible Players and Staff members should attend the Training Ground wearing the clothes in which they are to train and with any towel, drinks bottle that they wish or are required to use.
- 2.3. Players should bring their own drinks.
- 2.4. Each Player should be allocated sufficient time to prepare for training in accordance with the provisions of this protocol.
- 2.5. All preparation, training and recovery sessions should take place outdoors.

- 2.6 Car parking spaces should be appropriately socially distanced to minimise contact between club personnel (recommend every 3rd space where possible)

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3. FOOTBALL PITCH ACCESS

- 3.1. Upon arrival to the pitch all Players and Staff should ensure that keep at least two metres away from each other individual wherever possible.
- 3.2. Footballs, GPS units and other required equipment for training should be left in a pre-allocated area in preparation for training. All disinfected before and after each small group training session. Dettol or chlorine-based agents are both appropriate, solutions are preferably to sprays.

4. TRAINING AND COACHING ENVIRONMENT

- 4.1. The appointed Covid Training & Coaching Co-ordinator will be Mark Bonner (1st team manager) and in respect of each training session, he will have the responsibility to;
 - 4.1.1. Produces a session plan evidencing how they have risk assessed the session and adopted appropriate modifications so that the time spent by two or more Players and staff within a two-metre distance of one another are kept to a minimum (see Appendix 6 for guidance)

Appendix 5 of the EFL First Team RTCT Protocol focuses on avoiding close contact and small group training which will help to achieve this as studies show that during matches most player pairings spend less than 30 seconds within a 2 metre distance. Corners and goal celebrations are the maximum time spent in this situation.
 - 4.1.2. Identify which Players and staff will be present at the coaching session. Only Players and staff who have been subject to the required CAT testing regime should participate in First Team training sessions.
- 4.2. Each Club must ensure that:
 - 4.2.1. Where the nature of any element of a training session or drill makes it impossible for Relevant Persons to maintain social distancing, they re-position themselves to a minimum of two metres apart as soon as the training session or drill allows
 - 4.2.2. In all other cases, social distancing measures as outlined by UK Government as a minimum, should be maintained by Players and staff
- 4.3. Clubs are encouraged to conduct gym activities outside. The use of gyms indoors must be risk assessed by a suitably qualified specialist in health and safety and meet infection control, ventilation and physical distancing requirements.

5. POST TRAINING

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- 5.1. At the end of training, Players will gather the equipment they arrived with. GPS units should be removed by the player and left in pre-allocated area.
- 5.2. GPS units should only be handled by staff wearing PPE and should be disinfected before handling.
- 5.3. Staff will disinfect any relevant area/ surface after the session, including:
 - Corner flags
 - Cones
 - Goalposts
 - Equipment
 - GPS units
 - Balls
 - Gloves
 - Boots
- 5.4. Showers and changing facilities, refreshment areas and meeting rooms may be used providing they have been appropriately risk assessed in-line with government guidance.

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Appendix 7

Agreement to RTT protocol

CAMBRIDGE UNITED PLAYER/STAFF CONSENT FORM COVID-19

Dear Player/staff member,

As our ongoing commitment to your health and safety, we are required to ascertain that you have read and understood the information presented to you in the club COVID-19 operational policy, as well the summary guide presented to you regarding how to play and train safely.

Our club acknowledges that:

1. Nothing in the club COVID-19 policy nor in the EFL’s Protocols replaces, reduces or affects in any way the obligations imposed on the Club by statute and/or common law in the fields of medicine, occupational health and/or health and safety.
2. The agreement is non-contractual.
3. I have read and understood the Cambridge United Return to Player Protocol so players can understand, in plain English, the basics of how to comply with the policies and train safely.
4. Our club policy broadly follows the UK Government’s “Elite sport return to Sports guidance”. <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/elite-sport-return-to-training-guidance-step-one--2>
5. I understand that I can opt out of the club COVID-19 and associated EFL policies by instructing the Club’s Manager that I wish to do so. In such circumstances, I shall not be permitted to attend the Clare College Sports Ground or other club premises unless the Club instructs otherwise. No unreasonable steps will be taken against me should I choose to opt out.

Player’s name

Signed.....

Date.....

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