



# LENHAM WANDERERS FOOTBALL CLUB

Founded 1909

Affiliated to the KentFA

## Social / Physical Distancing

### 1 PREVENT CATCHING & SPREADING THE VIRUS



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with disposable tissues



Throw away used tissues (then wash hands)



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

### 2 GOOD PRACTICE GUIDANCE

1. Do not come to football if you have symptoms of COVID-19, including a new, continuous cough or high temperature (over 37.8°C/100°F); advise your Manager and ensure you and your fellow householders self-isolate in accordance with Government Guidelines; if you develop symptoms while at football, return home immediately, advise your Manager and self-isolate.
2. Social Distancing, i.e. keeping a minimum of 2 metres separation between you and anyone else is one of the key precautions in stopping the spread of COVID-19. All areas, including welfare facilities, should be well ventilated / windows opened to allow fresh air circulation if possible.
3. Activities must be planned to avoid close training, in line with Government and FA Guidelines; where it is not possible to follow the social distancing guidelines in full in relation to a particular task, you should consider whether that activity needs to continue for that session and if it cannot be done safely it should immediately halt.
4. **Relaxation of the 2 metre separation rules must only be done in exceptional circumstances, such as someone is in immediate danger.**
5. Any concerns must be reported to the relevant club member.

**REMEMBER: If an activity cannot be undertaken safely, it should not take place.**

