

## **SCFC - RETURN TO FOOTBALL – Player guidance – Self assessment**



Everyone needs to comply with the requirements of the FA & Club Covid 19 guidance. This is important as it will ensure that we all remain safe. There can be no short cuts or 'not bothering' to comply. Covid 19 is still present in the community and we cannot assume that none of us have it, therefore, we all must take the required actions to keep everyone safe.

### **BEFORE A GAME AND BEFORE TRAINING**

PLEASE COMPLETE YOUR OWN SELF ASSESSMENT TO ENSURE YOU ARE GOOD TO ATTEND.

THE GUIDANCE IN THE NEXT BOXES, MIGHT LOOK SIMPLE BUT SIMPLE ACTIONS WILL PROTECT US ALL.

ITS JUST A LOGICAL REMINDER.

**EACH PARTICIPANT SHOULD SELF-SCREEN PRIOR TO ARRIVAL AT TRAINING TO ENSURE THEY DO NOT HAVE ANY OF THE FOLLOWING SYMPTOMS (CONFIRMED BY A PARENT FOR THOSE UNDER AGE 18), AS THESE ARE POTENTIAL INDICATORS OF COVID-19 INFECTION.**

A HIGH TEMPERATURE (ABOVE 37.80 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.

PERSISTENT TIREDNESS

BEEN IN CLOSE CONTACT WITH/LIVING WITH A SUSPECTED OR CONFIRMED CASE OF COVID-19 IN THE PREVIOUS TWO WEEKS.

FINALLY, ARE YOU OR ANYONE IN YOUR HOUSEHOLD/BUBBLE SELF-ISOLATING WHILST WAITING FOR A TEST OR TEST RESULTS FOR COVID-19?

**IF YOU ANSWER YES TO ANY – PLEASE DO NOT ATTEND A MATCH OR TRAINING**