

Mumbles Rangers is a Covid-19 Compliant Football Club

Mumbles Rangers has worked hard to meet all the necessary protocols in order to protect the health and safety of all our players, coaches, essential personnel and volunteers.

Important and relevant guidance can be found via the links below

FAW Guidance; <https://www.faw.cymru/en/covid-19>

Welsh Assembly Guidance <https://gov.wales/coronavirus>

Public Health Wales Guidance <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19>

Please check the above links frequently for the latest information

As part of maintaining Covid-19 Compliance the Club is committed to carrying out the following in order for everyone at Mumbles Rangers to stay safe & well.

1. A Covid-19 Compliance Officer (Natalie Gordon Curr) has been appointed and has completed a compulsory FAW Covid Compliant online module.
Contact details: Mob 07552 612100 or email: girlssecretary@mumblesrangers.co.uk
2. A Covid-19 working group (comprised of coaches from Boys & Girls section; Treasurer; Club Secretary; Chair; Safeguarding Officer and Covid Compliance Officer) regularly meets to check and incorporate new Covid-19 measures and disseminate this information to all teams.
3. All teams maintain a Player Register for each Training Session and Matches for Track and Trace Purposes. Keep these records for 21 days and provide data to NHS Test and Trace if requested.
4. All teams complete Covid-19 Club Compliance checklists prior to training and matches.
5. A WhatsApp Covid contact group comprising a Coach contact for each Mumbles Rangers Team has been set up.
6. Covid-19 Risk Assessments has been carried out and are updated as necessary on all current training venues used by Mumbles Rangers Teams.
7. Mumbles Rangers maintain an excellent working relationship with all hire venues in order to adhere to hire venues Safer Protocols in order to maintain Covid compliance and safety for all players, coaches, helpers and families.
8. A Track and Trace QSR Code can be found on the outside wall of our clubhouse in Underhill Park
Please ensure that you follow the necessary protocols and use the documents available to you.

Before any match or event please complete **Event Application Form**

Ensure you have completed a **Training Compliance Form** and **Team Contacts Checklist**

Please use the **Coaches Training Checklist - Form A** and **Coaches Training Registration - Form B Registration Sheet** - Only name and mobile required, retain for 21 days for Track and Trace

Please follow the **Safety Protocols** for **Bishopston, Ashleigh Road** and **Pentrehafod** training venues.

Stay Safe & Well Everyone- Let's Play Football!

[Natalie Gordon Curr](#)

07552 612100

Mumbles Rangers Covid Compliance Officer

SELF-ASSESSMENT FOR COVID-19 SYMPTOMS CHECK

1. Have you been tested for COVID-19?

Yes / No

2. Have you been or are you currently a contact of a COVID-19 case or a suspected case?

Yes / No

3. Have you completed or are you in the process of completing a 14-day period of self-isolation?

Yes / No

4. Have you returned from a country abroad on the 'quarantine list' within the past 14 days?

Yes / No

5. How are you feeling today?

Good / Poorly

6. Do you have a fever or body temperature higher than 37.5 degrees?

Yes / No

7. Do you have a cough, throat pain, muscle pain, unusual weakness, short of breath, chest pain, any palpitations (abnormal heart rate), diarrhoea or conjunctivitis?

Yes / No

8. Do you have a loss of sense of smell or taste?

Yes / No

9. Any relevant signs or symptoms of COVID-19 that you think we should be aware of?

Yes / No

Please refer to HSE guidelines (<https://www.hse.gov.uk/coronavirus/index.htm>) on how you should proceed if you answer YES or Poorly to the above questions. This self-assessment should be completed by all coaches, players (YOUTH and SENIOR ONLY), officials and volunteers involved in a training session or fixture. It does not have to be completed as a physical questionnaire with key personnel being asked to self-assess against the above questions.

If you are in any doubt **DO NOT** attend the training session or fixture without clearance from the club.