Be aware of your own personal health. If you show any of the Covid-19 symptoms you must stay at home, inform NHS Test and Trace and seek medical advice.

Be responsible. Read the guidance provided by The FA and by your club so that you are aware of the changes to the game and what is expected of you.

Practise good hygiene. Wash your hands regularly and before, during and after a game.

Where possible maintain social distancing. This won’t always be possible in a competitive match environment (for example when tackling an opponent) and that is acceptable. However, before, and after a game you should maintain social distancing.

Competitive training can take place for all participants in groups of no more than 30.

Support NHS Test and Trace. You’re likely to be asked to provide your details so that in the event of a Covid-19 outbreak those potentially infected can be traced. This is to everyone’s benefit so please cooperate.

Do not spit. Spitting and the rinsing out of mouths is now a recognised risk to health and must not be done. Avoid shouting or raising your voice if face to face with other players.

After the game. Be aware that other users may be waiting to use the facilities. Changing rooms and showers are closed and any socialising must follow the Government’s guidance on social distancing.