



PLAYER WELLBEING PROTOCOL POST **COVID-19**



A MESSAGE FROM OUR ACADEMY DIRECTOR

Hello All,

From everybody at **FC Malaga City Academy**, we hope that you and your family are well during this difficult period.

Safety has always been at the forefront of our operations; from a fully qualified physiotherapist attending every match to a weekly clinic with doctors, we have always gone above and beyond to ensure that we provide a secure environment to train, learn and work in.

To showcase our commitment to providing a safe environment for players, we have collectively outlined a clear protocol in accordance to government and health body guidelines for all players and staff to follow.

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- The Training Ground
- Food and Nutrition
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- Player Isolation Measures

We have created the protocol to guarantee the safety of all of our academy players, coaching staff and further external staff who come into contact with players.

If you have any questions or queries about the provided measures, please feel free to contact me directly on **george.jermy@fcmalagacity.com**.

Best Regards,
George Jermy
Academy Director



THE TRAINING GROUND

Upon arrival to the academy for the new season, **all** players and staff will attend a mandatory best practice workshop delivered by doctors focusing on personal hygiene and daily habits that can prevent the spread of illness.

In January 2020, we partnered with Nordic Health Care to allow them to run a weekly clinic for any player who needed to be checked with a doctor. As we return for the 2020/21 season, the clinic will now be increased to two times per week and an additional 24/7 on call support exclusive for the members of the academy will be available.

Prior to the arrival of players, changing rooms will be sanitised and disinfected each morning by the academy's cleaning member of staff. The same measures will apply to all daily equipment such as cones, mannequins, hurdles and training bibs which will continue to be washed daily as was common practice at the club.

Upon arriving at the training centre, all players must wash their hands prior to making their way to the pitch with the provided hand sanitiser found in the locker rooms.

Changing rooms doors will remain open to a maximum as is possible with security to reduce contact with door handles or any potentially contaminated surfaces.

Every player will have a designated personal water bottle from the first day of the season that is labeled and is only to be used by them. Water bottles will be prepared before the session by the club kit man who will always follow correct guidelines.

Initially, all training sessions will be conducted with a strict **behind-closed-doors** policy until such a time where this is no longer advised. The entrance and walk ways will go through a disinfection process daily prior to the arrival of the squads and **only** approved players and coaches will be permitted to enter.

Following training, players must shower at the training facility and it will be a requirement for players to deposit club training items to the kit man so they can be washed and prepared for the next training activity.

If still advised by the government and world health bodies, players will be required to travel to and from the training centre with the use of face-masks.



FOOD AND NUTRITION

FC Malaga City Academy continues to have exclusive use of **Muelle 7**, our Team Restaurant, which will be restricted to 50% of it's licensed capacity until further notice This will allow players to follow the correct guidelines surrounding social distancing. At the entrance of the restaurant, there will be hand sanitiser to be used prior to sitting.

The operational management of the kitchen is something we are prioritising, and strict instructions must be adhered to:

- The kitchen must be locked while not in use
- The chef is responsible for the opening of the kitchen
- All food items must be stored in the kitchen in a single access, sterilised, closed space
- Gloves and face mask must be worn at all times
- Our cleaner will be responsible for disinfecting all surfaces once the chef has finished
- The cleaner must lock the kitchen once they have completed sanitising the area

Packed lunch and meals for travel to away match days will be prepared at the restaurant, placed into individual containers and individual bags which will be labeled for each player and must be collected and transported to the game by each player. We will use one-time airtight sealed plastic bags for the storage and transportation of food.

TRAVEL AND TRANSPORT

If social distancing measures continue to be a requirement within football clubs, we will organise for all transport to be ran at 50% capacity to allow space between players and staff.

If the use of face-masks is still in place on public transport this will also be in place for the duration of journeys until such time as government guidelines are relaxed.



PLAYER ISOLATION MEASURES

In any school, group or club environment; the probability of cross contamination is high.

Unfortunately, this has been the case at the academy prior to COVID-19 and the same issues will remain for things like cold, flu and bugs. In previous seasons, players have been advised to stay in their rooms and not attend training if they have any sickness symptoms.

However, to showcase our commitment to safety, we are now taking further measures to prevent the spread of viruses across the group.

FC Malaga City Academy have acquired an exclusive **private self-isolation facility** for players who become unwell. The property will remain vacant and be available at any moment throughout the season should a player show any symptoms of illness which could spread across the group.

The property will be equipped with comfortable sleeping facilities, storage, kitchen, study desk, Wi-Fi and basic exercise equipment; TRX, yoga mats, gym ball and resistance bands.

The property will be disinfected prior and post any player needing to use the facilities including all training equipment. Players meals will be delivered to the property by members of staff allowing players to self-isolate to get better and also contain the illness within the club. Brand new hand sanitiser and hydro-alcoholic gel wash will be provided in the self-isolation to ensure the player can follow best practice for recovery.

PROTOCOL

- Upon a player contracting any form of illness considered more than mild they must notify coaches or resident assistants and self-isolate in their room.
- Nordic Health will be contacted for Doctor call out to the academy residence to evaluate symptoms.
- Should recommendation by Doctor be that the player will be better away from the group and unable to train they will pack essentials and move to the isolation unit.
- Player will stay in regular contact with academy resident tutors and be visited twice daily with cooked meals and made sure they have all they require.
- Nordic Health having set period for next assessment 48-72 hours will visit the player in isolation to review symptoms and report back with evaluation if the player can re-join the residence and when they should recommence training.
- Should the player still be suffering from symptoms Doctors will visit each 24-hour period to monitor until the player has recovered.

FC MÁLAGA CITY

ACADEMY