



Nomads United AFC

Quality, Affordable Football for All

Covid-19 and the football community

Keeping our football community safe is our main priority, and we're asking everyone in our club to follow official advice around self-isolation to make sure we don't contribute to the spread of Covid.

Advice for football players

- If you're sick, please don't come to football.
- Limit physical contact and avoid shaking hands.
- Water bottles shouldn't be shared, all players should have their own.
- Don't share drinks, towels, lip balm or sunscreen, please bring your own.

Club recommendations

- If anyone associated with our club is feeling unwell, they should immediately self-isolate, refrain from all football activities immediately and seek medical advice by calling Healthline on 0800 611 116 if needed.
- The club will endeavour to contact the wider community in a timely manner if we are made aware of a positive result among any of our players. The information will be shared without disclosing the identity of the player involved.

Returning to play

- If you have tested positive for Covid-19 please refrain from returning to football too soon. Government directives suggest a 7-day isolation period, but it would be the club's preference that players return after 10 days to ensure the wider spread of infection is minimized.
- Recent studies have shown that if players return to sport too soon there are some factors that last longer than the suggested isolation period, particularly with relation to cardiovascular fitness. The club therefore recommends that players be able to attend weekly training sessions prior to being available for weekend matches. If you are unsure about timeframes, please contact the club for assistance.

For any queries or advice please contact admin@nomadsafc.org