



AMBASSADORS FOOTBALL CLUB IMARA RESUMPTION POLICY.

Purpose

The purpose of this policy is to maintain a healthy and safe environment, and particularly to minimise the transmission of the highly contagious virus known as COVID-19.

This policy includes the measures we are actively taking to mitigate the spread of coronavirus. You are kindly requested to follow all these rules diligently, to sustain a healthy and safe environment. It's important that we all respond responsibly and transparently to these health precautions.

This coronavirus (COVID-19) company policy is susceptible to changes with the introduction of additional governmental guidelines. If so, we will update you as soon as possible.

Guidelines to minimize transmission of Corona Virus.

Ambassadors Football Club has provided the following information & guidelines to minimize the risk of infection of COVID-19.

1. If you or the player feel unwell i.e. you are experiencing a cough, sore throat, or any symptoms of Covid-19, remain at home and self-quarantine for a minimum of 14 days.
2. If you or the player have a loved one who is infected, that you have been in contact with, also remain at home, and self-quarantine.
3. Avoid touching your face.
4. Avoid physical contact with others, e.g. handshakes, hugging etc.
5. Ambassadors Football Club has provided sufficient soap & water, and alcohol based sanitizer, to keep your hands clean and sanitized at all times.
6. Regularly wash your hands with soap and water and sanitize when washing facilities are not available.
7. The coaches will ensure that we avoid crowding during training sessions.
8. Avoid cash transactions. Kindly use M-PESA for your transactions to avoid exchange of cash.

PROCESS.

- Registration will happen before every training session.

- Masks are required for both parents and children. Children can take off their masks before getting on the field.
- Temperature checks will be taken before one is allowed to train.
- Washing of hands and sanitizing.
- Submit signed protocol and waiver forms.
- Player(s) to proceed to the field where coaches will guide them.

We encourage parents to leave after they have dropped the players. Only one parent is allowed to stay back and watch if need be.

To ensure social distancing and small numbers, we will accommodate smaller groups of about ten (10) to fifteen (15) players per field.

•Training times are from 9:00am to 12:00 noon.

We will ensure that training bibs will not be shared between the players.

We ask parents to kindly adhere to the timings when dropping and picking up the players.

We ask the parents to ensure that they have packed snacks and drinking water to the players to discourage sharing.

Probable illness.

If a coach or player feels they are unwell at the field, exhibiting symptoms similar to those of COVID-19, he/she should immediately report to the First Aider and/or Club Director/Coordinator. He/she should also immediately isolate in the isolation tent/room provided while awaiting further management. Call 719 or text *719# which is a toll-free number provided by the Government of Kenya. You can also call the following Nairobi County Hotline numbers 0800721316 (tollfree) or 0732 353 535 or 0729 471 414 to contact the government emergency teams to escalate the case.