

Advice for working in grassroot and elite sports in England

If you are asked to work in grassroots sports, please check the event has been regulated by the appropriate governing body, and adhere to their guidance, rules and advice.

If the governing body for the sport has provided generic approval, each individual event requires risk assessment both by the organiser and the individual therapist. The most up to date guidance documents must be adhered to.

Grassroots Sport Guidelines and the relevant excerpt:

Injury Treatment

Injuries should still be treated, as participant safety is of the utmost importance. Physios and other medical personnel should take care to protect themselves and others through rigorous cleaning and personal hygiene, including increasing the frequency of cleaning & disinfecting equipment and surfaces. Wearing face coverings is recommended for both medics and patients, where this is possible and practical.

After contact with an injured participant, physios and other medical personnel should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact, or the minimum social distancing was maintained. They should also avoid touching their mouth, eyes, and nose.

Physios and medical personnel should keep a record of each participant they have come into contact with, to support NHS Test and Trace. Advice set out above in the section on NHS Test and Trace may be helpful, and you can find more detail in the [guidance on NHS Test and Trace](#). Records should be kept for 21 days and then destroyed.

Those working at a sport event should familiarise themselves with the [guidance for first responders](#), in case of emergency situations.

Guidelines for Elite Sport: Excerpt for Medics: -

“Plans for physiotherapy and soft tissue therapist treatments. This should be limited to an essential need only and the need for routine or maintenance therapy should be risk assessed on a case-by-case basis. Team/athlete medical staff must take precautions in keeping with the latest PHE advice such as the use of health care setting and athlete infection risk appropriate PPE that is also influenced by the procedure or treatment being conducted at that time.”