



WIDNES FC – SAFER TRAINING and MATCHDAY PLAN Updated 28/03/2021



COVID 19

We all have a responsibility to limit the spread of Coronavirus (COVID-19) and to ensure that all necessary safety measures are undertaken in accordance with the government legislation and guidance. This is a new virus and the guidance relating to it will change and evolve dependent upon the spread of the disease at any given time. As government guidance evolves this document will be subject to review and updates will be issued if required.

[Please refer to Appendix A –](#)

Covid 19: step 1 guidance on return of Grassroots Football. Published 24th
March 2021.

<https://www.thefa.com/news/2021/mar/24/fa-guidance-for-return-to-grassroots-football-20210324>

<https://www.liverpoolfa.com/covid-19-support-and-faqs>

In order to work in line with the current COVID-19 guidance this document has been drawn up to document the measures the club is putting in place to manage and minimise the risk posed by COVID-19, in relation to club training activities. It is important to stress that the risk posed by the virus cannot be eliminated completely. Whilst the club can put measures in place to manage and minimise the risk posed, it is the collective responsibility of everybody involved with the club (coaches, players, parents etc) to ensure that they follow the guidance in place. In addition, it is the responsibility of each individual to give consideration to their own specific circumstances (i.e. if they are high risk, shielding or live with/have contact with others who are high risk) and assess for themselves whether they are happy to engage in the activities offered by the club and the potential risk this may pose. As already stated, the risks posed by COVID-19 cannot be eliminated completely and a decision to be involved in club activities constitutes acceptance of this risk. Parents will be required to sign a specific consent form in relation to COVID-19 prior to their children being allowed to attend training. **It is mandatory to notify your team coach if you are attending training and matches.**

In order for training activities to resume in as safe a manner as possible the following measures will be put in place:



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Before Training / Matches

Person Responsible	What needs to happen?
<u>Parent</u>	Read the guidance documents and the safer training plan and sign the consent form for training.
<u>Parent & Child</u>	<p>Attendance at training needs to be confirmed prior to the session using the TeamApp. Players will not be able to join training if they arrive unexpected.</p> <p>EVERYBODY ATTENDING TRAINING / MATCHES MUST FOLLOW THE TRACK AND TRACE REQUIREMENTS FOR EACH OF THE FACILITY</p> <p>Be prepared for training and matchdays! Your child will need:</p> <ul style="list-style-type: none">• A clean kit to wear each time they attend training. They should change into the kit just before coming out for training• Hand sanitiser clearly marked with your child's name• Their own drink clearly marked with your child's name <p>Both you and your child need to wash your hands immediately before setting off for training.</p>
<u>Coach</u>	<ul style="list-style-type: none">• Clean kit for each session.• Bring own hand sanitiser and drink• Bring coaching equipment (how will this be stored and ensured clean and safe)• First Aid including basic PPE (face mask, gloves and goggles). PPE will be worn in the event of an emergency necessitating first aid and/or if a situation arises where social distancing is not possible• Disinfectant for use prior and post session to sanitise equipment. <i>If coaches are running consecutive sessions, then this needs to be completed between the sessions.</i>• Wash your hands immediately before setting off for training
<u>Everybody</u>	<ul style="list-style-type: none">• AM I SYMPTOMATIC? DO NOT ATTEND TRAINING IF SYMPTOMATIC OR IF ANYONE YOU LIVE WITH/HAVE HAD CONTACT WITH IS SYMPTOMATIC. IF YOU HAVE BEEN CONTACTED BY THE TRACK AND TRACE SERVICE AND TOLD TO SELF ISOLATE DO NOT ATTEND TRAINING.• IF YOU HAVE BECOME SYMPTOMATIC SINCE ATTENDING A TRAINING SESSION YOU MUST ADVISE THE COACH FOR YOUR TEAM AT THE EARLIEST OPPORTUNITY.



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MATCHDAY OR TRAINING AT P&P

MATCHDAY WALKING ROUTES AND PARKING





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- EVERYBODY ATTENDING TRAINING MUST FOLLOW THE TRACK AND TRACE REQUIREMENTS FOR EACH OF THE FACILITY – THEY NEED TO FOLLOW THE FA GUIDANCE AND SCAN THE QR CODE ON ENTRY . THIS IS A LEGAL REQUIREMENT FOR ALL.**

Person Responsible	What needs to happen?
<u>Coach</u>	<ul style="list-style-type: none">Coaches to arrive 15 minutes prior to training to ensure all COVID-19 precautions can be in place prior to players and parents arriving. In the event that the session and safe areas are not fully set up when players/parents arrive, they should remain in their cars (or a safe distance away if on foot) and wait for the thumbs up from the coach before approaching the training area.Assess the area for potential dangers as per usual training practice. Any obvious debris (bottles on the ground etc) will be removed by the coach and disposed of. The coach must wear gloves and sanitise his/her hands once the task is completed.Another coach will take responsibility for disinfecting all equipment to be used prior to the session. The coach must wear gloves for this task and sanitise his/her hands once completed.THE ABOVE TASKS MUST BE COMPLETED BY TWO SEPARATE PEOPLE IN ORDER TO AVOID CROSS CONTAMINATION. IF THIS IS NOT POSSIBLE THEN THE SAME PERSON CAN COMPLETE BUT THEY MUST USE DIFFERENT GLOVES FOR EACH TASK AND SANITISE THEIR HANDS IN BETWEEN TASKSSet up player safe zones using hoops/cones and ensure they are two metres apartOrganise a clear first aid area.Organise a clear parents area.Set up and organise the session.Sanitise hands prior to players arriving.
<u>Parent & Child</u>	<ul style="list-style-type: none">Each child must be accompanied by a parent or adult from their household/bubble or have an identified adult responsible for them at training who is taking responsibility for them. This must be agreed with the coach prior to training. Please follow Travelling to training required actions presented on Page 6 of FA guidelines attached at Appendix A.. This adult must remain for the duration of the training. ONLY 1 ADULT PER CHILD.Tie shoelaces. Coaches cannot help with this task, if help is required a parent or accompanying adult must assist.Parents/carers should walk their children towards the coach but remain at a safe distance (5-10m). Once the coach has given the player the thumbs up to move to their safe area (each player will



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Person Responsible	What needs to happen?
	<p>have their own area), parents can withdraw to the parents area, maintaining social distancing at all times.</p> <ul style="list-style-type: none">• Players should put their personal belongings in their safe area and apply hand sanitiser. <p>No unnecessary items should be brought onto the training pitches</p> <ul style="list-style-type: none">• we encourage people not to bring bikes to training field and if they do, they should be left in the car park area• <u>No dogs should be brought to training pitches</u>



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During Training/ Matches

Person Responsible	What needs to happen?
Players	<ul style="list-style-type: none">Do not touch the equipment with your handsRemain three steps away from everybody elseUse a tissue or your sleeve when you cough or sneeze NOT your hands. Sanitise your hands afterwardsIf you require first aid, go to the first aid area. Players who can manage their own first aid needs with verbal prompts will be supported by their coach to do this. If parent/carer assistance is required the coach will signal for parents/carers to approach. In case of emergency, the coach will wear PPE and support parents with first aid. Players will be asked to return to their safe areas.
Parents /Responsible Adult	<ul style="list-style-type: none">Observe matches from the parent hubsIf you need to attract the attention of the coach, please do this verbally or with hand signals whilst maintaining social distance. If you cannot attract their attention, ring their mobile.Only approach the pitch or first aid area if indicated by the coach to do so and if you can maintain social distancing.
Coach	<ul style="list-style-type: none">Sanitise hands at the start of the session and if touching equipment.Maintain social distancing throughout the session.

Some Key Covid-19 Match Modifications

EVERYONE	Other Covid-19 modifications – In matches (and training where applicable)	<ul style="list-style-type: none">Pre-match handshake should not happen. Instead players will be asked to hand-sanitise before kick-off;Team talk huddles should not take place. Team talks can take place, as long as social-distancing is observed and held outdoors where possible;Warm-ups/cool-downs should always observe social distancing;Coaches, other team staff and substitutes are allowed, but must also always observe social distancing on touchlines/dug-outs. Social-distancing must also be observed during interactions when a substitution is being made;Match preparation meetings by officials should be held by video call;Set plays – free kicks: referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls;Set plays – corners should also be taken promptly to limit prolonged close marking and goal posts should be wiped down before matches, after matches and at half time.Goal celebrations should be avoided;Interactions with referees and match assistants should only happen with players observing social distancing;Small-sided football should be modified to provide more regular hygiene breaks in activity. Players should be discouraged from touching boards at any time, with tackling against boards discouraged. Referees should consider stopping play when this happens.Youth football coaches are encouraged to limit persistent close proximity of participants during match play (where young participants may be more likely to cluster around the ball) and provide regular hygiene breaks in activity.
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After Training /Matches

Person Responsible	What needs to happen?
Parent and Child	<ul style="list-style-type: none">Child returns to safe area and sanitises hands. Collect belongings together and remain in safe area. Parent and child give each other a thumbs up
Coach	<ul style="list-style-type: none">Ensure each child returns to their parent/carer one at a time to maintain social distancingVerbal check with each parent/carer at pick up to confirm they were happy with training arrangements for that session. Any issues raised about the safety of training arrangements to be documented and raised with the club safeguarding officer.Complete the Training / Matchday attendance Register on the TeamApp. IT IS MANDATORY THAT ALL COACHES OR NOMINATED TEAM ADMIN SHOULD COMPLETE THIS AFTER EVERY TRAINING AND MATCH.This will be checked by a committee member and if not completed the coach will be notified. If this is not adhered to then teams will not be allowed to train or play any matches.Disinfect equipment following the session and pack away.Complete post training check sheet to identify any issues.

This plan should be operated in a supportive and collaborative fashion.

If as a parent, coach or player you notice anything that should be done differently, please support your team by highlighting this in a supportive way and ensuring that all measures, as detailed above, are carried out on a consistent basis.

Remember that all coaches are volunteers doing their best for your children in challenging circumstances at the current time.

Some of the clubs coaches are young (16 – 21) so parents are reminded to be considerate in their approach.

In addition, everyone needs to understand that children in particular may struggle with social distancing at times – it is everybody's responsibility to support each other to get this right! Managing the risk posed by COVID-19 is everybody's responsibility.



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I confirm that I have read and understood this Safe Training Plan as displayed in the document section of the club website www.widnesfootballclub.co.uk and undertake to adhere to the recommendations and control measures.

Signature:

Date:



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APPENDIX A – FA GUIDANCE

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Other useful sources

<https://www.liverpoolfa.com/covid-19-support-and-faqs>