



WIDNES FC – SAFER TRAINING PLAN

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 dependant 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.

Updated Guidance on Permitted Grassroots Football Activity During COVID-19 - 12 June 2020

The FA has today issued further guidance to all grassroots football and informal football activity outside the professional game following The Government's relaxation of COVID-19 restrictions from 1 June 2020.

Consistent with Government advice, published on Monday 1 June, the following outdoor football activity is currently permitted:

- PLAYING FOOTBALL INDIVIDUALLY**
e.g. practice of individual skills or fitness activities
- PLAYING FOOTBALL WITH YOUR FAMILY OR OTHER PEOPLE LIVING IN YOUR HOUSEHOLD**
- FOOTBALL TRAINING OR FITNESS ACTIVITIES IN GROUPS OF NO MORE THAN SIX, KEEPING TWO METRES APART AT ALL TIMES**
Sharing of equipment should be kept to a minimum and strong hand hygiene practices should be in place before and after.
Physical contact with anyone outside of your household is not permitted, therefore, playing of any games (small-sided or full) is also not permitted at this time. Avoid meeting in groups of six in busy or overcrowded areas, if it is so busy that it is not possible to maintain social distancing at all times.
- FOOTBALL COACHING WITH SMALL GROUPS OF UP TO SIX PEOPLE**
Football coaches can now undertake small group sessions with no more than five other people from outside your household but are reminded to follow The FA safeguarding policies when coaching/working with children. This must include risk assessing the activities, gaining consent from parents/carers. Coaches must work on a ratio of one coach to groups of no more than five children in each group (1:5) and there must be a minimum of two FA DBS-checked adults present at any one time – see Download 5.5 at <http://www.thefa.com/football-rules-governance/safeguarding/section-11-the-complete-downloads-directory>
- TRAINING FOR TWO OR MORE GROUPS OF SIX (WITH EACH GROUP INCLUDING A COACH)**
It is permissible for coaches to organise a training session that has two or more groups of five plus a coach involved, as long as the groups are kept separate, and everyone is socially distancing, and strict hygiene measures are in place.
- FOOTBALL COACHES WORKING WITH PEOPLE WITH IMPAIRMENTS**
Must ensure they can adequately cater for any additional needs whilst still avoiding physical contact and maintaining social distancing. Individuals should follow Government guidance relevant to their own impairment or health condition.

! Please be reminded, if an individual is symptomatic, living in a household with a possible COVID-19 infection or if you are classified as extremely vulnerable on health grounds, the guidance is that you should remain at home.

The FA continues to work closely with the Department for Digital, Culture, Media & Sport (DCMS) and Sport England in order to provide good practice guidance for those responsible for delivering different aspects of grassroots football and we will share further information as soon as possible.

This document supports *Widnes Football Club Risk-Assessment* where Covid-19 is identified as a specific risk

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.

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

Person Responsible	What needs to happen?
<u>Parent</u>	Read the guidance documents and the safer training plan and sign the consent form before 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>Be prepared for training! 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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Arrival at training

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 taking into account the prepared risk assessment. 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 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 or bubble. This adult must remain for the duration of the training.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 have their own area), parents can withdraw to the parents area, maintaining social distancing at all times.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 and if they do, they should be left in the car park areaNo dogs should be brought to training pitches



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During Training

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	<ul style="list-style-type: none">Observe training from the parent hubs (one parent per area unless from one household)If 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">Maximum ratio of 5 players to 1 coachSanitise hands at the start of the session and if touching equipment.Maintain social distancing throughout the session.

After Training

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. <u>Complete the Training Register</u>Disinfect equipment following the session and pack away.Complete post training check sheet to identify any issues.



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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 and undertake to adhere to the recommendations and control measures.

Signature:

Date:



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TRAINING REGISTER

Date

Coaches Present.....

Player Name	Attended training	Parents Feedback	Other comments