



## **Covid 19 Training Session Guidance Notes for Managers, Coaches and Parents.**

This is a summary of the requirements for a return to training provided by Withdean Youth FC - [The full FA guidelines are available here](#)

Please ensure you share this document with your squad member's parents prior to your restart so they know what to expect and can ensure their children are fully briefed before attending.

### **Returning to Training - A summary of procedures**

Please read the notes below and ensure you can implement all the following measures before you consider a return to training for your Withdean Youth FC squad. The club is authorising a return to training sessions from Monday 27<sup>th</sup> July, providing the following criteria can be met.

#### **Additional Equipment Required (For Coaches/Managers)**

- Large Hand Sanitiser dispenser with ample Hand Sanitiser (*arrange pick up from Jason*)
- Disinfectant Spray bottle for equipment (*arrange pick up from Jason*)
- Face mask and gloves in first aid kit for any provision of first aid where you cannot maintain social distancing of 2 metres.
- Register of participants at each session with contact details for all players to support NHS test and trace – this should be kept for 21 days after each training session (it is fine to use the notes section on your smart phone for this)

#### **Training Equipment Management (For Coaches/Managers)**

- All equipment must be disinfected prior to the training session starting.
- Please consider limiting the amount of equipment you use to make this easier on yourselves. Cones and Balls is the minimum you should require for a session. Use poles for goals if necessary.
- If you are using bibs, these should be washed before and after each training session and should not be shared amongst participants. Limit their use by only bibbing-up one team during training matches and if any player is needed to switch teams they should be provided with a fresh and unused bib.

#### **Player's Kit (For Parents, Coaches and Managers)**

- Children should bring their own water bottles clearly marked with their names and should at no time share their bottle with any other participants.
- Any bags/clothing brought by participants should be kept separate from others – consider laying out cones for each attendance ensuring their kit is neatly placed at 2 metre intervals so participants can maintain social distancing during drinks breaks.

## Venue Use

- Withdean Youth has no venue bookings through this Summer period so would encourage the use of Public parks with ample space to limit contact with the general public. Venues such as Waterhall Playing fields, Patcham Place, Stanmer Park and East Brighton park are possible options amongst others.
- Please do not use the Balfour School or Varndean College Pitches for any training sessions this Summer – they have not been booked and the school and college are monitoring them. Any unauthorised use will be a black mark against our name potentially put our future bookings in September in jeopardy.
- We will be working with our booked venues over the coming months to provide a comprehensive action plan for a return to Dorothy Stringer and Stanley Deason for training and matches in September. This will be fully outlined in a regularly updated google document that will be shared in due course.
- Any independent bookings put in place by coaches for their team must also include a risk assessment for that venue in line with the venue's own Covid 19 protocol.

## Essential safety precautions to take before starting your sessions (For coaches and managers)

- Start with a safety briefing for all participants outlining what is expected from them within the sessions with regards to social distancing and taking mitigating action to help prevent the spread of the virus – *these are outlined in detail in the “During football sessions” section below*
- Complete a register of attendees (including any spectators) and ensure you have their contact details
- Ensure no child or adult that is displaying symptoms attends training sessions for two weeks from the first signs, or until they have received a negative test.
- The same applies for anyone who has been in contact with anyone displaying symptoms
- Anyone who falls ill during a session must be sent home as a priority and told to follow NHS guidelines
- Symptoms to remind people to self-diagnose for in your safety briefing are as follows;
  - *a high temperature above 37.8c,*
  - *a new and continuous cough,*
  - *a loss of sense of smell or taste*
  - feeling unwell
  - persistent tiredness
  - Sore throat

## Parents must complete the following (For Parents)

- provide written consent for their child to take part in your session (this can be done as a text or whatsapp message)
- Ensure their child arrives changed and ready for exercise with their own water bottle and hand sanitiser with their name on.

### **During football sessions (For Everyone)**

- Outdoor sessions only – no indoor sessions allowed
- No more than 30 participants (including coaches/parents) in one training session
- Minimum of two adults present at all training sessions
- Competitive contact football is allowed throughout the sessions
- However, participants must maintain 2m social distancing in any breaks of play, and in warm ups and cool downs
- No handshakes, team huddles or group goal celebrations
- Coaches to make efforts to limit the time where children are in regular close proximity. Eg. avoid training set ups that put lots of children close to one another, encourage quick free kicks and corners to limit the amount of time children are close contact marking or standing next to one another in a wall.
- Make time for regular hygiene breaks where children can sanitise their hands and you can disinfect the ball with your disinfectant spray.
- Discourage children or spectators from picking up the ball with their hands – when collecting it, use feet and use kick ins rather than throw ins for all training matches
- Discourage children from handling any equipment
- Goalkeepers should regularly disinfect their gloves
- Players should avoid shouting when in close proximity to others (to avoid spread through droplets)
- Absolutely no spitting or clearing of nostrils
- Participants to cover face when sneezing or coughing
- Coaches. Spectators and players not involved in the play should maintain 2m social distancing on the side lines at all times.
- Please pay special attention to the wellbeing of players. Having spent several months under lockdown, they may be lacking confidence, be nervous, confused. Check with them and report any concerns to parents and the Club's Welfare Officer
- Do not apply any pressure to players or parents to return before they are emotionally ready to do so
- Practice Catch it, bin it, kill it protocol

### **After the session (For Everyone)**

- Maintain 2m social distancing in line with government guidelines
- Wash hands and disinfect kit at the earliest possible opportunity
- If anybody turns out to be infected at a later date, report this to the NHS test and trace system and to Jason Harris – the club's designated Covid 19 officer.

### **First Aid Procedures (For Designated First Aider/Parents)**

- The first-aider should wear the mask supplied in the first-aid kit
- If an injury happens, everybody should stay away from the injured player apart from the first-aider (or the player's parent / guardian)

- The first-aider (or parent / guardian) can come close to the player but should still keep to social distancing, unless there is urgent treatment to perform (eg CPR), for which we accept that the risk from the injury is higher than the risk of catching Covid-19
- The first-aider (or parent / guardian) should clean their hands afterwards

### **Friendly matches and small-sided competitions/festivals**

These are not yet authorised by the government or FA and must not take place until after August 1<sup>st</sup> This guide relates to a resumption of club training sessions only. Full club guidelines on matches and competitions as well as future use of our booked training venues are currently being developed and will be available in an online google document shortly.

Welcome back

***Withdean Youth FC***