

**FAW SAFER RETURN TO PLAY PROTOCOLS  
PHASE 3  
STAGES 1 - 4 (EFFECTIVE FROM 5/10/20)**

**INTRA-CLUB TRAINING MATCHES AND INTER-  
CLUB FRIENDLY MATCHES (U6 - U16)**



# TRAINING AND PLAYING AREA

- For u6 – u16 players, the minimum size of the training or playing area must be 45x45m (half a full-size football pitch) if working with 30 players and coaches
- For youth and senior players, the minimum size of the training or playing area must be 90x45m (full-size football pitch) if working with 30 players and coaches. The size of the training or playing area can be amended according to the number of participants e.g. if working with a total of 15 players and coaches – a half pitch training area would be appropriate
- Training or playing areas can be shared with another club at the same time, however the total number of players on a designated training or playing area cannot exceed 30 players and coaches
- For players u12 and above social distancing should be maintained before and after training or playing and during ALL breaks
- All activity must take place on the training or playing area and follow FAW guidelines, players & coaches must adhere to guidelines on hand hygiene at all times
- Contact in training sessions should be kept to a minimum:
  - No handling of the ball (apart from GKs wearing gloves)
  - No throw-ins (pass-ins should replace these for matches)
  - No hand contact (handshakes, first bumps etc)
  - No spitting is allowed



# TRAINING AND PLAYING AREA – INDOOR FACILITIES

- Clubs should seek guidance from the facility provider on the number of people permitted to train at an indoor venue
- The numbers of players and coaches permitted to train will be dependent on the nature of the indoor facility:
  - We would advise that clubs should not have more than 15 players (U12s and above) and coaches training at an indoor (4 court) sports hall. 30 players (U6 – U11) and coaches can train at this type of venue.
  - However, an indoor full-size 3G pitch would be suitable for up to 30 players (U12s and above) to train given the space available. 30 players (U6 – U11) and coaches can train on half-a-pitch at this type of venue.
- All activity must take place on the training or area and follow FAW guidelines, players & coaches must adhere to guidelines on hand hygiene at all times
- In line with latest government advice, coaches, first aiders and team helpers should wear face coverings in indoor facilities
- At this stage, matches are not permitted to take place using indoor facilities for u12 – u16, youth and senior players
- Further guidance on use of indoor sports facilities is available [here](#)
- Contact in training sessions should be kept to a minimum:
  - Maintain 2m social distance where possible at all times
  - Limit the amount of contact between players
  - No handling of the ball (apart from GKs wearing gloves)
  - No hand contact (handshakes, first bumps etc)
  - No spitting is allowed



# TRAINING SESSIONS AND MATCHES

Clubs should plan their activity to ensure that there is the following in place:

- A Club COVID-19 Compliance Officer or Operational Lead present to ensure that groups enter and exit the pitch correctly and register attendees.
- For players aged 12 and above, an agreed meeting area for each individual groups to meet before entering the training area
- For players aged 12 and above, all groups must exit the training area on an individual group basis before the next groups can enter.
- Access to and from the training or playing area must be coordinated and subject to social distancing guidelines.
- Clubs must timetable the arrival of all groups and ensure that car parking areas are marked out accordingly - individual groups must know their arrival time and should wait at agreed meeting point before entering the pitch.
- All groups must clear the pitch 10 minutes before the next training group enters.
- Incoming training groups must remain in their cars or at specified waiting areas until the pitch is clear.

**Example Timetable**

<b>Training Time</b>	<b>Arrival Time</b>	<b>Finish Time</b>	<b>Maximum group on full pitch (or half-pitch for u6 –u11 teams)</b>
6pm	5.50pm	6:40pm	30
7pm	6:50pm	7:40pm	30

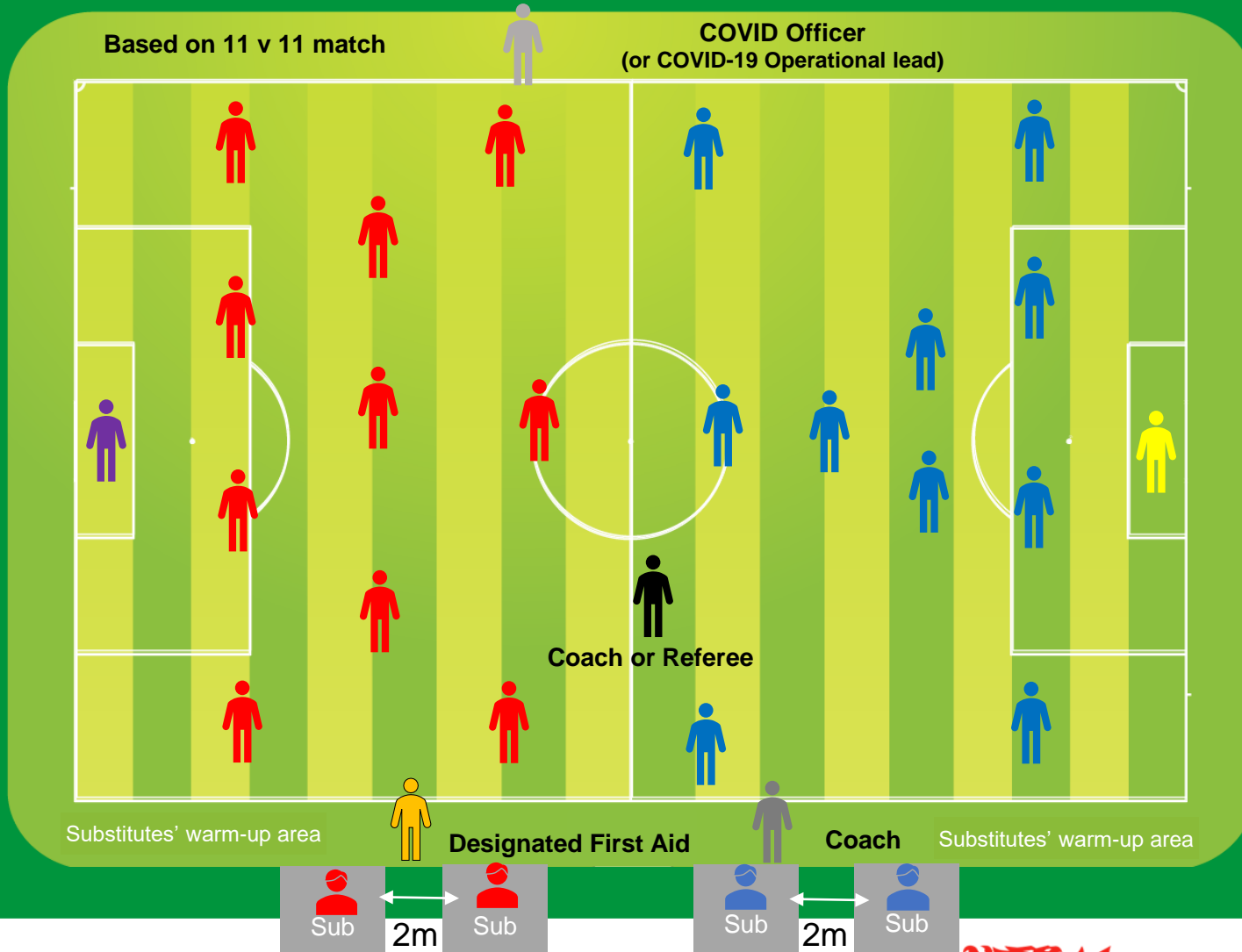


# INTRA-CLUB TRAINING MATCHES

- Intra-club training matches are now permitted at all levels of football
- If playing intra-club training matches, U6 – U16 teams can play against teams 1 age group older or younger within their own club ONLY. If doing so, any in-house match should be played under the format of the youngest age group team i.e. if an u10 team plays against an u9 team the match should reflect an u9 playing format
- Small-sided football regulations are applicable to teams at u6 – u13 age groups – for information on the recommended playing formats for these age groups click [here](#)
- Intra-club training match formats should be as flexible as possible with use of 7v7 and 9v9 formats encouraged given that player availability may be impacted by local lockdown and self-isolation



# INTRA-CLUB TRAINING MATCHES



- ❖ The activity consists of no more than 30 persons.
- ❖ Players, coaches or volunteers residing in local lockdown areas cannot travel outside of their Local Authority to train or play matches.\*
- ❖ Use of changing and shower facilities is not allowed.
- ❖ The 2 metre physical distancing rules can only be breached in the narrow circumstances required during competitive play.
- ❖ Mandatory roles – COVID Officer / Operational Lead, Coach, First Aid. (N.B. An individual may carry out more than one role if feasible and, in this case, an additional person, for example 5<sup>th</sup> sub, can be included, up to the maximum of 30 people.)

\* Professional or elite status players excluded from this.



# INTRA-CLUB TRAINING MATCH PROTOCOLS

1. All persons involved should be temperature tested prior to being allowed entry into the stadium footprint.
2. The host club must ensure, upon arrival, that all persons involved have completed a self-assessment for COVID-19 symptoms check (See page 15). Entry should be refused to anyone who is unable to provide assurance that they have done so and that to the best of their knowledge it is safe for them to take part. Anyone refused entry on this basis must be instructed to immediately self-isolate.
3. All participants must remain socially distanced during breaks in play with spaced areas for equipment and refreshment storage for each individual including officials and substitutes. Coaching staff and substitutes, must, for example, spread out and avoid sharing a dug out or bench if social distancing cannot be observed.
4. Clubs should strictly limit the time spent congregating at a venue before activity begins. Social and physical distancing measures must be applied at such times. Meet-up times should reflect this. This includes arriving changed and ready to begin the warm up, if possible, to minimise time spent waiting.
5. Only people from one household can travel together in a vehicle.
6. No-one should leave home to participate in the match if they, or someone they live with, is symptomatic - or suspects they may have been exposed to the virus.
7. The club must support Test, Trace, Protect by collecting information on all participants at both training and matches, as well as the associated GDPR implications of retaining and making available people's personal information as needed.
8. The match must be played 'behind closed doors' and spectators are not permitted.
9. Water bottles or other refreshment containers, should in no circumstances be shared. Participants will need to bring their own, in a named container.
10. The coach / COVID-Officer is responsible for disinfecting each ball when it goes out of play.
11. Toilets will need to be opened for pre-match, match and for 30 minutes following. Toilets should be cleaned regularly in line with Welsh Government guidance for sports, clubs and facilities. Toilets capacity should be managed via entry and exit and to allow for the 2m physical distancing to be maintained.



# INTER-CLUB FRIENDLY MATCHES

- At this stage, friendly matches against other clubs are permitted for U6 – U16 age group teams ONLY
- Matches should only take place against teams within the same league or local authority, which ever would result in the least distance travelled and conforms with local restrictions that may be in place in your club's area
- Clubs should gain approval from their respective league before friendly matches can be arranged
- There will be a set 3-week period of friendly matches before leagues are able to return – this is set out on page 6
- Clubs will need to act in accordance with local restrictions and self-isolation guidance when arranging and participating in matches
- If an individual who has participated in a match (either a player, coach, first aider, team helper or COVID-19 Officer) subsequently tests positive for COVID-19, the club concerned has a duty to inform the opposing clubs (from within the last 14 days) regarding the positive case
- The point of contact for opposition teams should be the club's COVID-19 Compliance Officer
- Following a positive test, the Test, Trace and Protect services will be responsible for contacting individuals who may need to self-isolate
- Coaches, first aiders and team helpers can only be involved with 1 match per day as government guidelines only permit having contact with 1 'bubble' of 30 per day to limit contact





# INTER-CLUB FRIENDLY MATCH PROTOCOLS

- Clubs should complete a NEW Club Checklist before they return to play matches – available [here](#)
- All players, coaches and first aiders (inc. opposition) must be registered with the home team's COVID-19 Compliance Officer or Operational Lead prior to the start of play
- No spectators (including parents) are permitted to watch matches pitch-side unless there is a health or safeguarding reason for them to be present (further guidance is available on our FAQs document)
- Parents / Guardians will need to drop off and pick up players from a designated area
- An age group team is only able to play against 1 other age group team on a match-day – multi-team festivals and tournaments are not permitted
- More than 1 match for the same home team club can take place on half a full-size pitch providing the total number across both matches does not exceed 30 persons and access to and from pitches is coordinated to limit contact between groups of players
- In this instance, we would suggest staggered kick off times are adopted to limit contact between groups of players
- Matches should be managed by a game leader that could be a home or away team coach or team helper



# INTER-CLUB FRIENDLY MATCH-DAY PROTOCOLS

1. All persons involved should be temperature tested prior to being allowed entry into the stadium footprint.
2. The host club must ensure, upon arrival, that all persons involved have completed a self-assessment for COVID-19 symptoms check (See page 15). Entry should be refused to anyone who is unable to provide assurance that they have done so and that to the best of their knowledge it is safe for them to take part. Anyone refused entry on this basis must be instructed to immediately self-isolate.
3. All participants must remain socially distanced during breaks in play with spaced areas for equipment and refreshment storage for each individual including officials and substitutes. Coaching staff and substitutes, must, for example, spread out and avoid sharing a dug out or bench if social distancing cannot be observed.
4. Clubs should strictly limit the time spent congregating at a venue before activity begins. Social and physical distancing measures must be applied at such times. Meet-up times should reflect this. This includes arriving changed and ready to begin the warm-up, if possible, to minimise time spent waiting.
5. Only people from one household can travel together in a vehicle.
6. No-one should leave home to participate in the match if they, or someone they live with, is symptomatic - or suspects they may have been exposed to the virus.
7. The match must be played 'behind closed doors' and spectators are not permitted.
8. 2 designated areas should be marked pitch-side at least 2m away – these should be used to house home and away team players, coaches and first-aiders during match-play
9. Water bottles or other refreshment containers, should in no circumstances be shared. Participants will need to bring their own, in a named container.
10. The coach / COVID-Officer is responsible for disinfecting each ball when it goes out of play. We would encourage 'pass-ins' to replace 'throw-ins' where possible.
11. Toilets will need to be opened for pre-match, match and for 30 minutes following. Toilets should be cleaned regularly in line with Welsh Government guidance for sports, clubs and facilities. Toilets capacity should be managed via entry and exit and to allow for the 2m physical distancing to be maintained.



# INTER-CLUB MATCHES (U6 – U11)

Match formats and numbers of people permitted to be involved

## Under 6 & 7 – 4v4

8 players per squad = 16 players across both teams

Up to 2 coaches/first aiders/team helpers per team = 4 coaches/first aiders across both teams

1 COVID-19 Compliance Officer / Operational Lead per club = 2 COVID-19 Officers/leads across both teams

**TOTAL = Maximum 22 persons involved in the match**

## Under 8 & 9 – 5v5

10 players per squad = 20 players across both teams

Up to 2 coaches/first aiders/team helpers per team = 4 coaches/first aiders across both teams

1 COVID-19 Compliance Officer / Operational Lead per club = 2 COVID-19 Officers/leads across both teams

**TOTAL = Maximum 26 persons involved in the match**

## Under 10 & 11 – 28-30 persons

12 players per squad = 24 players across both teams

Up to 2 coaches/first aiders/team helpers per team = 4 coaches/first aiders across both teams

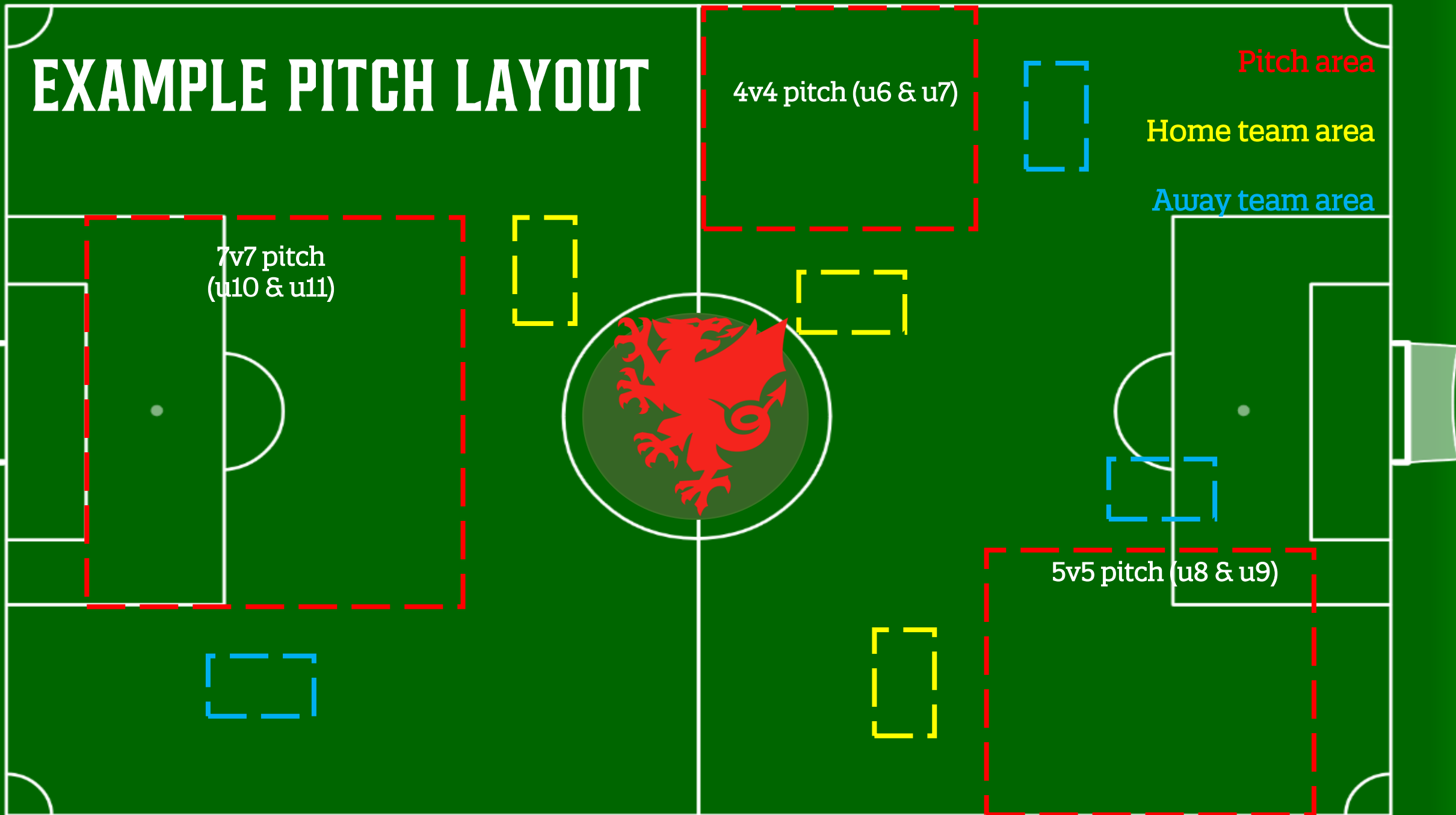
1 COVID-19 Compliance Officer / Operational Lead per club = 2 COVID-19 Officers/leads across both teams

**TOTAL = Maximum 30 persons involved in the match**

All matches should follow age group match regulations available [here](#)



# EXAMPLE PITCH LAYOUT



4v4 pitch (u6 & u7)

7v7 pitch  
(u10 & u11)

5v5 pitch (u8 & u9)

Pitch area

Home team area

Away team area

# INTER-CLUB MATCHES (U12 – U16)

## Suggested match formats and numbers of people permitted to be involved

Use of different formats are encouraged to ensure inter-club matches can be played under as much flexibility as possible, particularly given that player availability may be impacted by local lockdown and self-isolation.

### 7v7 – 28-30 persons

12 players per squad = 24 players across both teams

Up to 2 coaches/first aiders/team helpers per team = 4 coaches/first aiders across both teams\*

1 COVID-19 Compliance Officer / Operational Lead per club = 2 COVID-19 Officers/leads across both teams\*

**TOTAL = Maximum 30 persons involved in the match**

### 9v9 – 28-30 persons

12 players per squad = 24 players across both teams

Up to 2 coaches/first aiders/team helpers per team = 4 coaches/first aiders across both teams\*

1 COVID-19 Compliance Officer / Operational Lead per club = 2 COVID-19 Officers/leads across both teams\*

**TOTAL = Maximum 30 persons involved in the match**

### 11v11 – 28-30 persons

12 players per squad = 24 players across both teams

Up to 2 coaches/first aiders/team helpers per team = 4 coaches/first aiders across both teams\*

1 COVID-19 Compliance Officer / Operational Lead per club = 2 COVID-19 Officers/leads across both teams\*

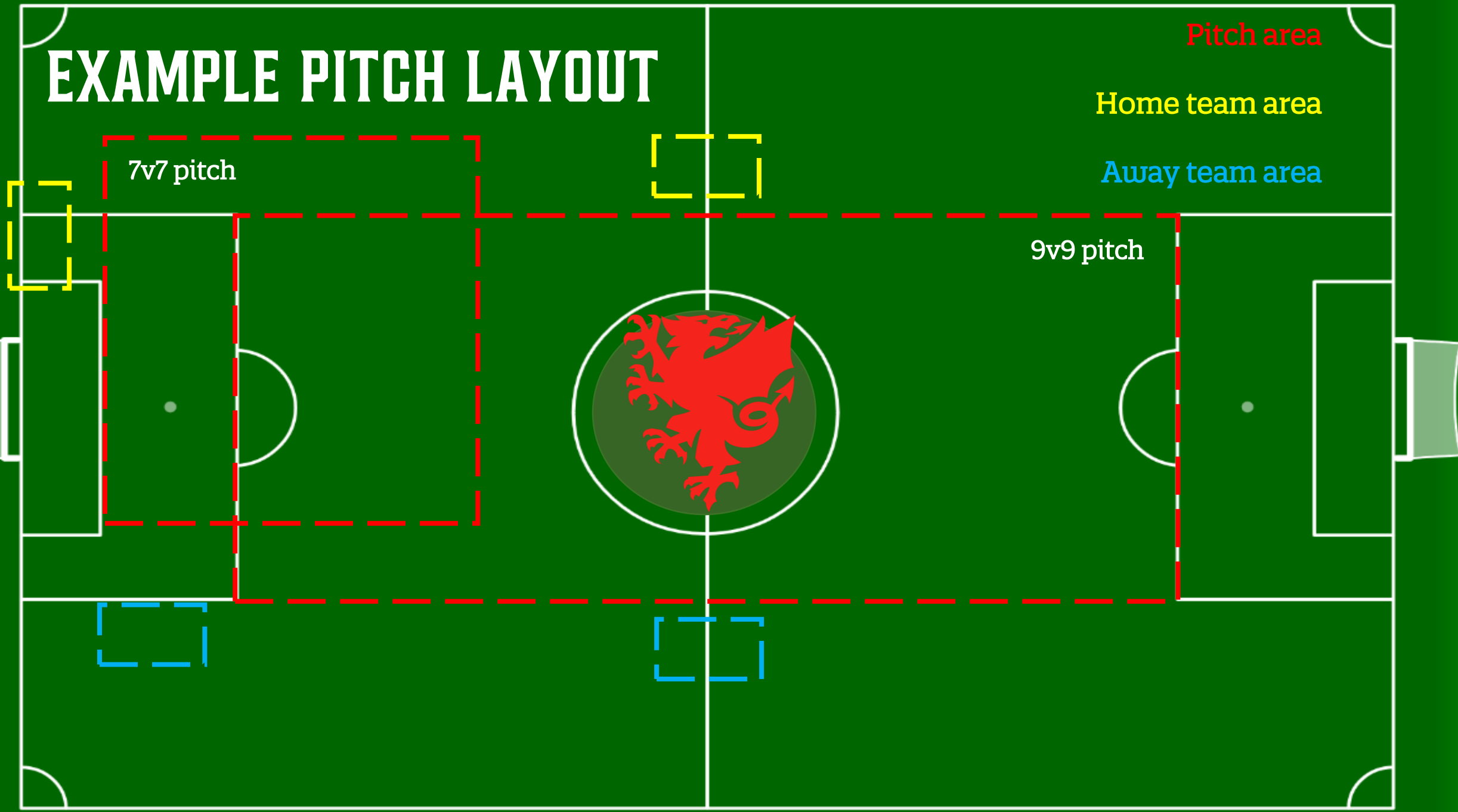
**TOTAL = Maximum 30 persons involved in the match**

\*If a team coach doubles up as a first aider and/or COVID-19 Officer or Operational Lead then additional substitutes would be permitted for that team

Further information on 7v7 and 9v9 formats including pitch and goal sizes are available [here](#)



# EXAMPLE PITCH LAYOUT



Pitch area

Home team area

Away team area

7v7 pitch

9v9 pitch