



# COVID-19 FOOTBALL TRAINING

# PHASED RETURN TO FOOTBALL

This pack has been produced to inform all players and parents of the steps that Washington AFC are taking to phase ourselves and your child back into club training safely.

Following on from the guidelines released by the Government and The FA, The Club can now deliver football coaching.

The Club want to ensure that everything is done correctly and safely in order to minimise the risk to ourselves, our players and our respective families.

The Club will continue to monitor the situation whilst keeping everybody informed of any changes that may be made.

Regards

Gary

# CONSIDERATION BEFORE TRAINING

## COACHES

- Coaches to ensure all footballing activities follow the latest Government guidelines
- Coaches to read all COVID – 19 Footballing Guidance from the FA
- No physical contact with anyone outside your household, therefore no playing of any games (small sided or full)
- Football training or fitness activities is permitted in groups of no more than 6 (with each group including 1 coach and 5 children).
- Children should not be working 1:1 with a coach unless the adult has a full DBS and the parent / carer is present and observing social distancing
- Insurance company contacted before training resumed
- Risk Assessment to be shared with coaches prior to resuming Phase 1
- All parents / carers to have completed a consent form prior to football activities

## TRAVEL TO THE VENUE

- Coaches must travel on their own or with members of their own family - **NO CAR SHARING**

# PARENTS MEASURES – PRE TRAINING

- Temperature to be taken before travelling to training - those displaying a high temperature to stay at home
- If a child/ children or anyone in their household or anybody they've been in contact with is displaying COVID-19 symptoms - please do not travel to training
- All kit must have been cleaned prior to attending training – boots & clothing etc
- Prepare a bag to carry any essentials for your session - water, inhaler, EpiPen etc
- Please arrive no more than 5 minutes prior to your session starting and remain in the car until the previous session attendees are safely in their cars
- Toilets will be locked and unavailable to use during the session, please ensure you go to the toilet before arrival to the venue
- Players are to have their football boot laces fastened and arrive with their named water bottle and hand sanitizer

# MEASURES – DURING TRAINING

- Players must remain a safe distance of as least 2 metres away from the coach
- Bags with water etc must be kept away from others bags and equipment
- Players must not touch or move any equipment
- Club footballs to be used per session – no bibs, goals or poles to be used
- Absolutely no spitting on the ground
- If coughing or sneezing please do so into your training top by pulling your top over your nose and mouth

# MEASURES – POST TRAINING

- Please exit the training area and to your car once the session is over
- All equipment to be collected in by the coach
- Ensure all clothing is washed immediately on returning home
- The coach will clean down all equipment at the end of each day using antibacterial spray

# MEASURES – FURTHER NOTES

- Toilets will be locked and unavailable to use during the session, please ensure you go to the toilet before arrival to the venue
- All training sessions will last 45 minutes.
- This will include
  - Change over from previous session - 5 minutes
  - 5 minutes to depart
  - If a player requires their laces tied or gloves adjusting they must ask their parents
  - Parents must remain at the side of the building for the duration of the session
  - Parents must not interfere with the coaching sessions or provide any communication