

ADVICE TO COACHES ON COMPETITIVE TRAINING SESSIONS



General advice

1. No player, coach, official or other volunteer should be put under any pressure to participate in any football related activity and we should be mindful of any individual concerns, particularly for people from BAME communities, due to the highlighted greater risks posed by Covid-19.
2. Social distancing should continue to be observed, as far as it is possible to do so. Activities such as warm-ups or cool-down sessions should observe two-metre social distancing whenever possible or one-metre plus where it is not immediately possible.
3. Each coach should maintain a register of all participants at training and this information should be passed to the Football Secretary immediately after the session. This will then be stored securely for a period of up to 21 days in accordance with Government Track & Trace guidance. Anyone unprepared to provide their details should be asked to leave the session immediately.

Arrival at training sessions

4. On arrival at *each* session, all participants (including those observing) should be subject to a check for Covid-19 symptoms. If an individual is symptomatic or living in a household with a possible Covid-19 infection they should remain at home.
5. All participants should observe and adhere to any signage related to social distancing or site traffic requirements.

Safety briefings

6. At the start of each session, a safety briefing should be delivered to those in attendance. This should be used to remind all participants of their responsibilities in relation to Covid-19.

Changing rooms, showers and toilets

7. Showers remain out of use for all training sessions. The requirements we would need to put in place to make them available will bring activity and associated costs (extra cleaning, for example) that the club would be unable to sustain.
8. Changing room toilets will be available before, during and for up to 30 minutes after each session. They should not be used outside these times.

Travel

9. Participants should be encouraged to follow advertised best practice on travel, walking or cycling where possible. Where they do travel with people outside their household or social bubble, they should take action including, but not limited to:
 - Look to share transport with the same people each time;
 - Open windows for ventilation;

- Wash their hands thoroughly before sharing transport and before entering or after exiting the vehicle;
- The club will not arrange any transport for training sessions, so the duty of care rests entirely with individuals and this section is advisory.

Social distancing in competitive training

10. Groups are strictly limited to no more than 30 people.
11. Outside of those specific activities where physical contact is required, social distancing should be observed at all times.
12. Parents or other spectators attending sessions should be in groups of no more than six and observing social distancing.

Use of equipment

13. Under no circumstances should water bottles or refreshment containers be shared by participants. Where possible, containers should bear the owner name, clearly marked.
14. Sharing of equipment should be kept to a minimum. Where items have to be shared, they should be cleaned between use by different people.
15. Everyone should avoid handling of the football as far as possible. Attempts should be made to disinfect the ball during sessions, specifically where it has been handled by any individual.

Shouting and spitting

16. Players and other participants should avoid shouting or raising their voices when facing each other during, before and after sessions.
17. Everyone should refrain from spitting.
18. Physios, coaches or managers who have to administer first aid should keep a record of any contact with an injured participant, in line with the other arrangements for recording attendance.

Leaving the session

19. When leaving the session all participants should ensure that they continue to observe social distancing and adhere to any site requirements around traffic flow.