

GUIDE FOR PARENTS



Updated July 2020

These guidelines are in place for preventing the spread of Covid-19 amongst players, parents and coaches/volunteers at football training and have been approved by members of the club committee.

1 PREPARING FOR TRAINING

- Read through your team risk assessment and sign the consent form
- Read through the player and coach guide
- Ensure self assessment has taken place prior to leaving

2 BEFORE TRAINING

- Child will need to wear a clean kit
- Child will need their own hand sanitiser with name marked on
- Child will need to bring own water bottle with name marked on
- Child should wash hands with soap and water for 20 seconds before leaving for training

3 ARRIVING AT TRAINING

- Ask or help your child to tie their laces. Coach cannot do this due to social distancing
- Please accompany your child to your coach and wait for confirmation that your coach has seen you.

4 DURING TRAINING

- One parent should accompany each child and is required to observe from the parent's area which will be marked out by your coach
- If any basic first aid treatment is required during the session, your child will be sent to the first aid area where the coach may guide first aid, or may require your assistance
- If any child has a serious injury, all players will be sent to a safe area and parental support will be required

5 AT THE END OF TRAINING

- Your child will:
 - Return to their safe area
 - Sanitise their hands
 - Collect their belongings
- The coach will let you know that the players are ready to depart

If you have any questions or concerns, please get in contact with us via <https://fcredwing.co.uk/contact>

GUIDE FOR COACHES



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1 PREPARING FOR TRAINING

- Coach will wear clean kit
- Coach will bring their own sanitiser and drink
- Coach will bring cleaned coaching equipment
- Coach will bring first aid kit, face mask (if appropriate) and will wear disposable gloves
- Disinfectant will be used prior to session
- Coach will wash hands with soap and water for 20 seconds before leaving for training

2 ARRIVAL AT TRAINING

- Coach will assess area for all potential dangers, taking into consideration the risk assessment
- Coach will apply gloves and disinfect all equipment prior to the session
- Coach will set up safe areas for all players, ensuring that they are all 2 metres apart
- Coach will organise a clear first aid area
- Coach will organise a clear parent's area
- Coach will set up and organise the session
- Coach will record all attendees, as well as parent/guardians, as part of the NHS test-and-trace initiative

3 DURING TRAINING

- As players arrive, players will be guided to safe area to leave belongings and sanitise hands
- Coach will explain instructions and check understanding
- Competitive match play is permitted, with social distancing in place before and after the session, and during any breaks in play
- Coach will remain 3 steps away from everyone throughout

4 AT THE END OF TRAINING

- Coach will ask players to return to safe areas, sanitise hands and collect belongings
- Coach will let parents know when players are ready to leave
- Once all players have left, coach will disinfect all equipment

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GUIDE FOR PLAYERS



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1 PREPARING FOR TRAINING

- Player will wear a clean kit
- Player will bring own (small) hand sanitiser
- Player will bring own water bottle with name marked
- Player will wash hands with soap and water for 20 seconds before leaving for training
- Ensure self assessment has taken place prior to leaving

2 ARRIVING AT TRAINING

- Player needs to tie their own laces, or get parent to assist. Your coach cannot help
- Player should put belongings in own safe area
- Apply hand sanitiser
- Wait for coach to give instructions

3 DURING TRAINING

- Competitive match play is permitted, with social distancing in place before and after the session, and during any breaks in play
- Sharing of kit and equipment should be avoided, where possible, and players should bring their own drinks to be left in safe zone
- When the ball goes out of play, it should be retrieved by players (rather than non-participants) and should be retrieved using feet rather than hands
- Cover your mouth and nose with a tissue or your sleeve if you cough or sneeze (not your hands) Put tissues in the bin and use hand sanitiser afterwards
- If you need basic first aid, you will be sent to the first aid area

4 AT THE END OF TRAINING

- Return to your safe area
- Apply hand sanitiser
- Wait for your coach to indicate that you're ok to leave

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