

SCOTTISH FA PHASE 3

RETURN TO TRAINING GUIDELINES

ADULTS (AGED 18+)

UPDATED FRIDAY 31 JULY 2020



INTRODUCTION

- This guidance applies to all Scottish FA National Affiliated Associations leagues and clubs and is in accordance with the Scottish Government 'Phase Three' guidelines published on 9 July 2020 and can be implemented from Monday 13 July.
- This guidance relates to Adults aged 18 years old +. Please note that for the Adult game that specific restrictions apply with regards physical distancing and group sizes.
- During organised training sessions only, adults can participate in activity from up to 5 different households, with a maximum of 15 individuals (including coaches and players) and must adhere to 2 metre physical distancing at all times.
- Coaches should not deliver training to more than 4 households (or extended households) at any one time or provide coaching to more than 4 households (or extended households) per day, unless coaching children
- For the avoidance of doubt this may mean only 5 adults are permitted within one area.
- Clubs are reminded that at present the suspension on matches and competition remains in place including any inter club match play.
- It is a club's responsibility that they follow all appropriate guidelines to enable the return to training in a safe manner.
- Clubs must visit and understand all relevant facilities guidance available on the [Scottish FA 'Return to Football hub'](#).

PHASE THREE

ADULTS 18+ YEARS OLD

COVID-19 UPDATE - GRASSROOTS
RETURN TO TRAINING - PHYSICALLY DISTANCED

This Scottish FA guidance is reflective of the Scottish Government's transition to Phase 3. This guidance is applicable to all affiliated member clubs and associations.

These 'Return to Training' protocols are applicable to Adults 18+ only. The permitted activity for Children and Young People is not the same.

Please note that for the adult game specific restrictions apply with regards physical distancing and group sizes.

For the avoidance of doubt this may mean only 5 adults are permitted within one area.

PERMITTED ACTIVITY - PHYSICALLY DISTANCED - ADULTS 18+ YEARS OLD



PLAYERS
Contact training not permitted.
Stay two metres physically distant from one another



GROUP SIZE
5 different households,
a maximum of 15 people,
this includes players & coaches



COACHES
Stay two metres physically distant from players



INFORMAL ACTIVITY
Stay fit stay active



MATCHES/FESTIVALS/EVENTS
Not permitted at this time

FACILITIES



OUTDOOR PITCHES



INDOOR PITCHES

PUBLIC HEALTH MESSAGES



Wash hands or sanitise before and after any activity

Please follow all relevant Scottish Gov Guidance

MENTAL HEALTH & WELLBEING

This has been a challenging time for all of the football family

Stay in touch and please continue to look after one another



PROTOCOLS
Share your protocols with all members, including Test and Protect

COVID-19 WARNING

You must not attend any group activity if in the past 14 days you:

Have been unwell or had any flu-like symptoms

Have been in contact with a known or suspected case of COVID-19

Have had any respiratory symptoms (even if mild)

Before taking part in any formal football activity, please ensure you follow all guidance on the Return to Football HUB: scotfa.co/ReturnToFootball



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ROLE OF THE CLUB



PLAN & PREPARE

- Ensure your club and ALL players are registered with your Affiliated National Association.
- Clubs are recommended to appoint a [COVID co-ordinator](#) to ensure all 'best practice' guidance is followed by all members - players, coaches and club volunteers alike – promoting a safe & confident return to training.
- Coaches are responsible for the safety of the players and should be fully aware of their own club's policies and those of any venue(s) used.
- Ensure all officials have completed all relevant and appropriate appointment and selection procedures (including PVG scheme membership where applicable).
- Indoor and outdoor hospitality, including club houses which provide catering and bar services, can reopen providing they adhere to Scottish Government guidance. (Indoor hospitality only from 15 July.)
- Online payments for sessions should be taken if possible. If not, alternative measures should be put in place. Where possible avoid handling cash.
- Ensure there are enough first aid qualified officials and adequate first aid provision at all training sessions.
- Communicate with all members to ensure they feel safe and ready to return to training.
- Complete risk assessments for return to training.
- Liaise with your insurers to check that you're covered for all activity offered.
- Communicate with coaches and players to ensure they understand the new procedures to keep everyone safe.

FACILITY ACCESS

- If you own or manage your facility, read through and follow **sportscotland's** "Getting Your Facility Fit for Sport" guidance.
- If you own or manage your facility please adhere to all relevant [Scottish Government guidelines](#).
- Sports facility operators and clubs may now open toilets for public use if they follow the guidelines outlined on the Scottish Government website Opening Public Toilets Guidelines. Risk assessment, and control measures should be proactively monitored by clubs/operators and appropriate cleaning procedures and equipment, disinfectant and all other materials should be provided as per Health Protection Scotland guidance.
- Clubs and participants should be aware that the easing of restrictions does not mean that all facilities will open immediately.
- Owners and operators will require time to consider all the implications of opening facilities, putting plans in place to re-engage staff and setting up operations that ensure the safety of participants, staff and volunteers.
- This is a difficult time for everyone so please emphasise the importance of patience.
- If you are hiring a facility ensure you are aware of and follow all procedures that the owner/operator has put in place to ensure user safety.
- If you are using a public space, please follow all guidelines and be respectful to other users.
- Scottish Government advice on staying safe and protecting others - <https://www.gov.scot/publications/coronavirus-covid-19-phase-2-staying-safe-and-protecting-others/>

TEST AND PROTECT PROTOCOLS

- If someone who has attended your club activity develops symptoms of COVID-19, they should be directed to follow the Scottish Government's 'test and protect' guidelines, which can be read on the [nhsinform.scot](https://www.nhs.uk/information-scotland) website
- Ensure an accurate register, including contact details, is kept for EVERY session. This register should be held by the appropriate COVID Co-ordinator and session lead coach for the duration of lockdown
- Ensure all club members are aware of who their relevant COVID Co-ordinator is, should they have to pass on their details to a member of the NHS Scotland Test & Protect team.
- It is not the responsibility of the football club to inform members if someone at the club has tested positive for COVID-19. This will be done by the NHS Scotland Test & Protect team. An individual's right to privacy must be observed.
- The football club will be expected to be able to pass on contact details of all attendees should they be asked by a member of the NHS Scotland Test & Protect team.
- Data protection guidance should be followed at all times and personal details not held for any longer than is necessary.

HEALTH & HYGIENE

IMPORTANT: Remind all members of the following protocols:

- Scottish Government advice remains that anyone with symptoms of COVID-19 should self-isolate for ***ten*** *days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.
- During an organised training session, adults can participate in a group Up to 5 different households with a maximum of 15 people (this includes players & coaches), while maintaining 2 metre physical distancing at all times.
- **For the avoidance of doubt this may mean only 5 adults are permitted within one area.**
- First aid protocols can be found at the following websites;

HSE - <https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm>

St Johns Ambulance - <https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>

- If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin at the venue or place in a plastic bag and take home. Wash your hands afterwards for a minimum of 20 seconds.
- Avoid touching your face and ensure you clean your hands when you finish participating.
- Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should confirm to EN14476 standards.
- All coaching should take place outdoors.

**Slide updated Friday 31 July 2020*

ROLE OF COVID CO-ORDINATOR

This person should:

- [Follow the role profile as outlined here - COVID co-ordinator.](#)
- Be familiar with Scottish Government and Scottish FA guidelines in relation to COVID-19, and be guided by them at all times.
- Complete safe appointment and selection process (including a valid PVG Scheme membership where appropriate).
- Be a registered club official.
- Encourage everyone involved with the club to take collective responsibility and ensure all guidelines are adhered to.
- The COVID Co-ordinator will retain all session registers for their allocated groups and act as first point of contact for NHS Scotland Test & Protect staff in the event of any reported positive tests. However, all coaches must retain a copy of the register for every session they lead as back-up in the event of any admin issue.

ROLE OF THE COACH



PLAN & PREPARE

- In accordance with Scottish Government Guidelines and permitted football activity coaches should plan training sessions to ensure physical distancing can be maintained at all times. No contact activities including small sided games are permitted.
- Make sure that the activity is appropriate for the age and stage of player.
- [First aid protocols can be found here](#)
- Coaches must maintain accurate registers of attendees, times and dates. These should be shared with the appropriate COVID Co-ordinator to allow contact tracing if required.
- Where possible, come to the football club on foot or by bicycle, individually by car and try to avoid using public transport.
- Coaches who are shielding are not permitted to deliver at the current time.
- Coaches and volunteers over 70 years old and from risk groups should self-assess their own risk whether they should attend training sessions. Consult your doctor if necessary.
- Arrive in time to ensure that the training is ready so when players arrive they can start immediately.
- Ensure all players train in clearly marked out area and set up a designated 'Hygiene Station' and 'Players Area' for your players.
- Clearly communicate the rules to players in advance of training session.
- Come to the football club in your coaching kit. Any dressing rooms will be closed. You can also not take a shower, make sure that you have been to the toilet before you come to training.
- Bring your own water bottle clearly marked to ensure no sharing.
- Suitable example activity sessions which follows guidance on physical distancing will be made available on the Scottish FA Return to Football Hub.

DURING TRAINING

- Ensure players maintain physical distancing of 2 metres.
- REMEMBER - the maximum number in any training group is up to 5 different households with a maximum of 15 people, this includes players & coaches.
- **For the avoidance of doubt this may mean only 5 adults are permitted within one area.**
- It is important that we don't push our players too hard and cause an increased risk of injury.
- Physical intensity should start low and increase gradually.
- Hand shakes are not allowed.
- Please avoid using your hands at any stage during the activity.
- Players should stay well hydrated at all times.
- Spitting is not allowed.
- Heading is not allowed.
- Ensure players touch or share as few items of equipment as possible.
- Always follow club guidance from, for example, other coaches, COVID Co-ordinator and committee members. Stay with your own training group when several training groups are active.

AFTER TRAINING

- Please leave the football club promptly after the training session.
- Clean and wipe down your equipment, including any goals used, before and after training.
- Ensure you take all personal belongings and equipment with you at the end of the activity.
- Do not leave anything at the venue/facility.
- At this stage, home-based training and setting individual skill and fitness challenges are vital to maximise development within the limited contact time.

ROLE OF THE PLAYER



PLAN & PREPARE

- If you are feeling unwell, don't come to training. Scottish Government advice remains that anyone with symptoms of COVID-19 should self-isolate for 7 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.
- Wash your hands regularly for 20 seconds, including just before you leave for training.
- Come ready to take part in training:
 - Have your training kit on
 - Bring a water bottle that is clearly identifiable as yours
- Wear clean kit.
- Bring your own hand sanitiser.
- Put your belongings in your designated 'Players Area' (if applicable).
- Do not come to training any earlier than ten minutes before the start
- Use only your own equipment where possible.
- You must to maintain 2 metre physical distancing with everyone at all times.

DURING TRAINING

- In accordance with Scottish Government Guidelines, football activity for adults must adhere to 2m physical distancing. No contact activities including small sided games are permitted.
- Remember maximum no's in any training group is 5 different households and a maximum of 15 individuals. This includes players & coaches.
- **For the avoidance of doubt this may mean only 5 adults are permitted within one area.**
- Follow the instructions of your coaches, club officials or facility staff regards procedures for keeping everyone safe.
- Try to avoid touching hard surfaces. This includes, goalpost, cones, markers, poles, hurdles or any other equipment that is used for training.
- Do not touch the footballs with your hands or head.
- If you need to sneeze or cough, do so into a tissue or your elbow and then wash your hands at the hygiene station provided.

AFTER TRAINING

- Please leave the football club immediately after the training session.
- Please limit your attendance at the football club and only attend for arranged training sessions.
- Apply hand sanitizer.
- Clean and wipe down your equipment, including water bottles before and after use.
- Ensure you take all personal belongings and equipment with you at the end of the activity and do not leave anything at the venue/facility.
- You must to maintain 2 metre physical distancing, with those out with your household, at all times.

FACILITY SET UP



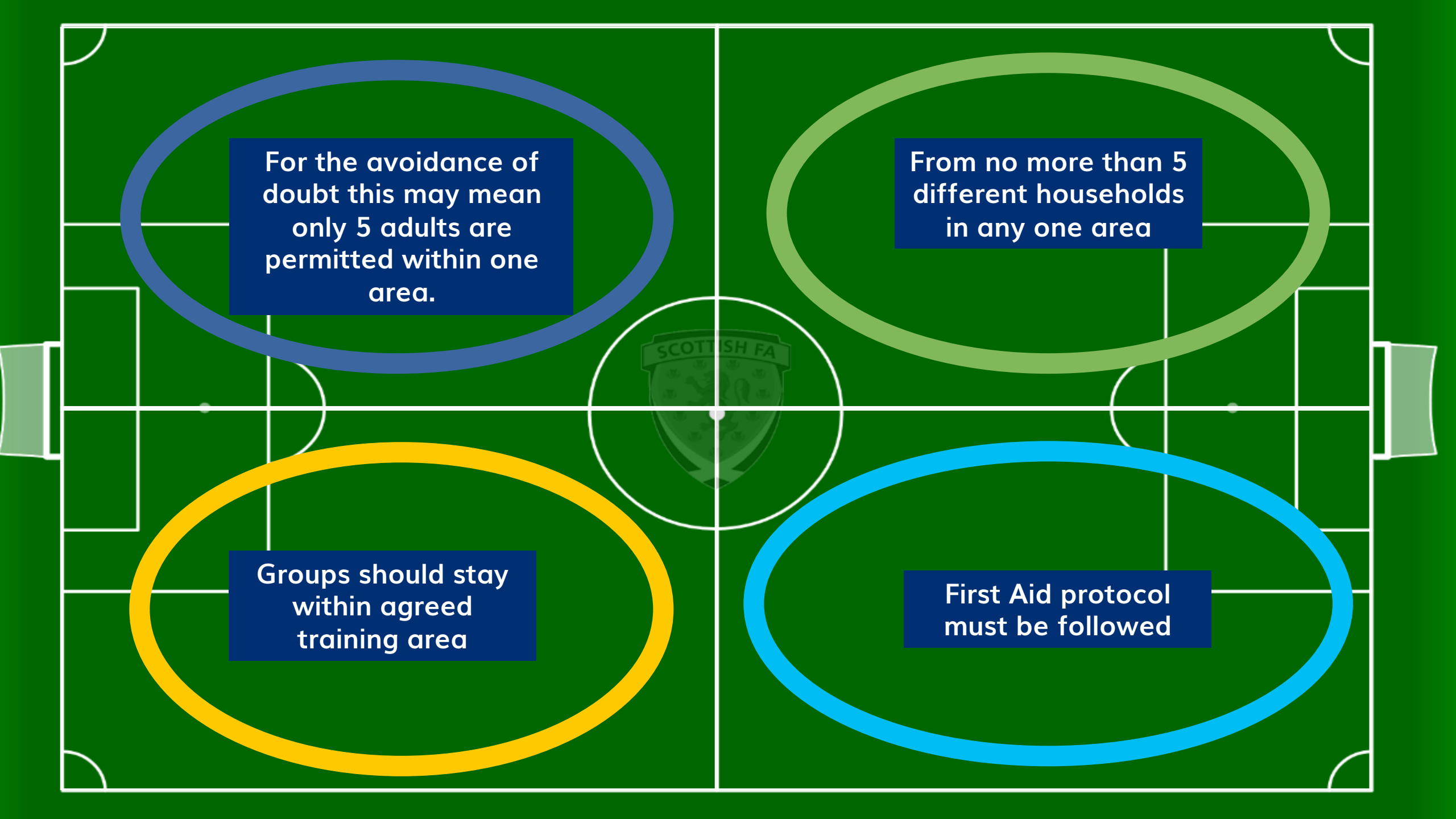
PLAN & PREPARE

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

- A COVID co-ordinator to ensure that groups enter and exit the pitch correctly.
- 4 individual training areas for each group of participants (an example diagram is included).
- An agreed meeting area for each individual group to meet before entering the park.
- All groups must exit the park on an individual group basis before the next groups can enter.
- There should be an agreed running order for group, e.g:
 - Group A move to 'Red Zone'
 - Group B move to 'Green Zone'
- Non players/officials should stay in their cars or leave the facility during a session. You must not congregate thus maximising safety and minimising congestion.

PITCH SET UP

- Coaches must ensure players avoid congregating at gates and other potential 'pinch points'.
- The pitch should be marked out into individual training areas. It is recommended a full size pitch is marked out in quarters (example included).
- Recommended area size: $\frac{1}{4}$ of a full size pitch (Up to 5 different households with a maximum of 15 people, this includes players & coaches).
- **For the avoidance of doubt this may mean only 5 adults are permitted within one area.**
- Coaches are responsible for informing all players of the entry and exit protocols at the training venue including hand sanitising on entry and exit.
- Coaches should not enter the pitch before the previous group has vacated it and any remaining equipment is cleaned.
- Group members should remain constant with the same groups of players attending each session.



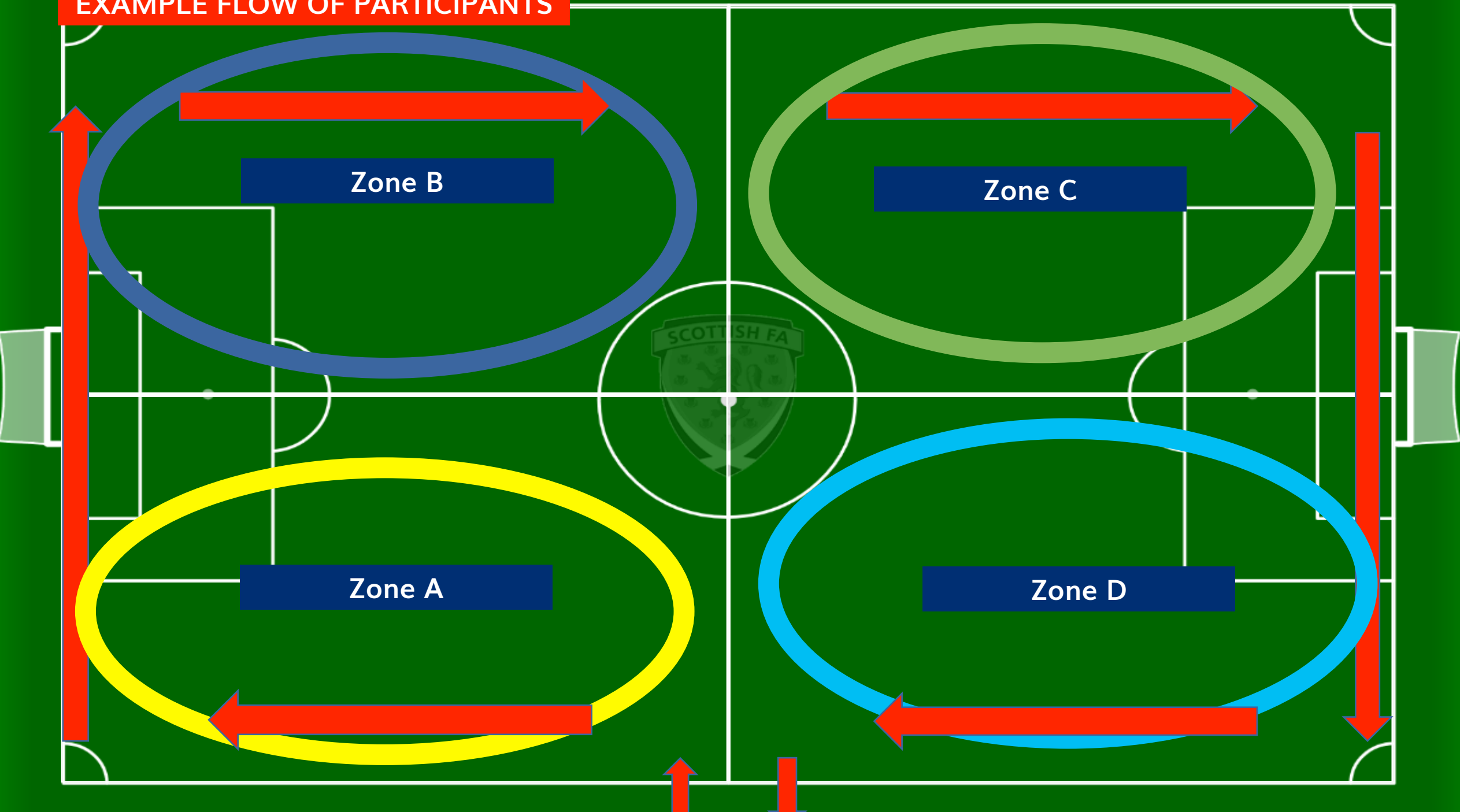
For the avoidance of
doubt this may mean
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permitted within one
area.

From no more than 5
different households
in any one area

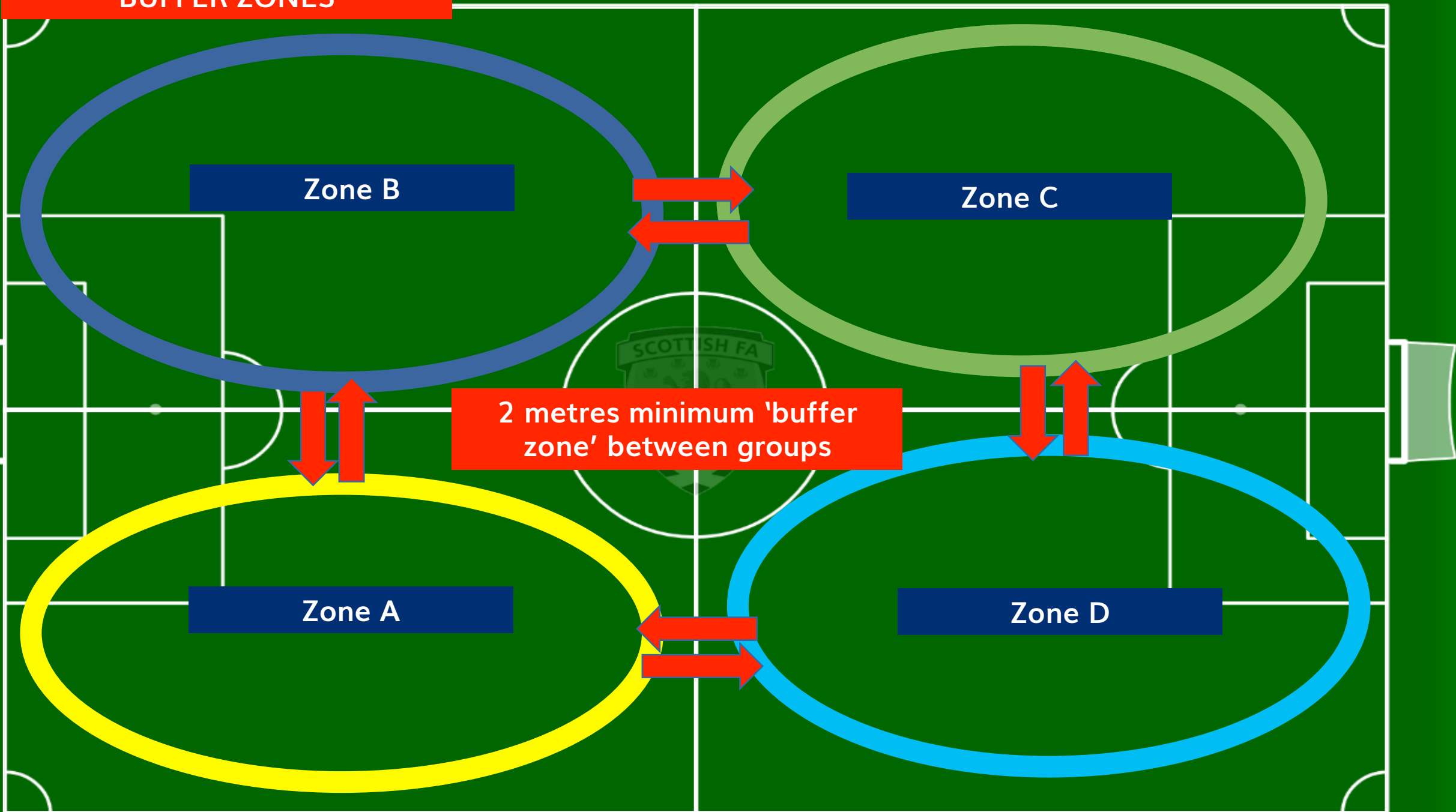
Groups should stay
within agreed
training area

First Aid protocol
must be followed

EXAMPLE FLOW OF PARTICIPANTS



BUFFER ZONES



PITCH SET UP

- Coaches should only handle their own equipment (e.g. markers, bibs, small goals etc.) and care should be taken to avoid others touching it.
- Stray footballs should be kicked/dribbled back to position and not picked up.
- Players should not enter adjacent zones at any stage.
- Contact with players should be at reduced levels; instead of training twice per week, one session is advised.
- Sessions should be shorter than usual to reduce potential exposure – e.g. 30-40mins max. This allows for safe entry/exit to avoid contact with other groups and of course in larger clubs, offers every player a chance to play.

TIMETABLE

- 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.
- Groups must enter the pitch and move directly to the designated area.
- All groups must clear the pitch 15 minutes before the next groups enter.
- Incoming groups must remain in their cars or at specified waiting areas until the pitch is clear.

Example Timetable		
Training Time	Arrival Time	Finish Time
6pm	5.50pm	6:40pm
7pm	6:50pm	7:40pm
8pm	7:50pm	8:40pm
9pm	8:50pm	9:40pm



Visit: scotfa.co/ReturnToFootball