

SCOTTISH FA

PHASE 3 - UPDATE

RETURN TO TRAINING

ADULTS (AGED 18+)

24 AUGUST 2020

Please note: all underlined text
denotes updated guidance from
previous versions.



INTRODUCTION

- This guidance relates to **Adults aged 18 years old +**. Please note that for the Adult game, specific restrictions apply – there is separate guidance available for children and youths.
- It applies to all Scottish FA National Affiliated Association's leagues, clubs and facility operators and is in accordance with the Scottish Government 'Phase Three' updated guidelines published on **20 August 2020** and can be implemented from **Monday 24 August**
- All clubs **MUST** follow all Scottish Government COVID guidance related to sports and leisure facilities found [here](#).
- In addition to the above, all clubs **MUST** follow sportscotland's latest sports facility guidance release available [here](#). As with previous phases, we continue to work closely with the national agency for sport to ensure consistency and clarity across our respective guidance and key messaging.
- These specific protocols are in accordance with current Scottish Government COVID guidelines and **MUST** be implemented in conjunction with Scottish FA Phase 3 guidance found on the [Scottish FA 'Return to Football Hub'](#).
- This document compliments all of the above guidance. **It should not be read in isolation.**

INTRODUCTION CONTINUED

- During organised training Adults can participate in groups of up to:
 - 10 players and 2 coaches (within a 1/4 size pitch area)
 - 14 players and 3 coaches (within a 1/3 size pitch area)
 - 18 players and 4 coaches (within a 1/2 size pitch area)
- Players do not need to adhere to physical distancing whilst on the pitch, but all coaches must maintain 2 metre physical distancing at all times.
- During this phase and to assist with planning and communication, out with the football-related activity itself, **all adult participants must observe 2 metre physical distancing in and around the facility/venue.** This assists with anchoring related Scottish Government advice and messaging in this regard.
- Full first aid can be administered by coaches but must adhere to new guidelines. **First aid protocols can be found on the Scottish FA Return To Football Hub.**
- Adult activity should NOT exceed 3 training sessions per week for no more than 90 minutes per session.
- Clubs with more than 1 team must 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.
- Each club team must appoint a team COVID Officer who must complete a short online sportscotland COVID Officer e-learning module. [Covid Officer e-learning module can be found here.](#)
- 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'](#).
- **All members are reminded of who your Child Wellbeing & Protection Officer and how to contact them.**

SCOTTISH GOVERNMENT PHASE THREE UPDATE

COVID-19 UPDATE

ROUTEMAP FOR RETURN TO FOOTBALL

24 AUGUST - STAGE 1 & 2 - SQUAD TRAINING RETURNS

PERMITTED ACTIVITY - CHILDREN AND YOUNG PEOPLE 5-17 YEARS OLD

PERMITTED ACTIVITY - ADULTS AGED 18 YEARS +



PLAYERS
Contact training is permitted during the session



GROUP SIZE
1/4 Pitch - 15 Players - 2 Adults
1/3 Pitch - 20 Players - 3 Adults
1/2 Pitch - 30 Players - 4 Adults



PLAYERS
Contact training is permitted during the session



GROUP SIZE
1/4 Pitch - 10 Players - 2 Coaches
1/3 Pitch - 14 Players - 3 Coaches
1/2 Pitch - 18 Players - 4 Coaches

ACTIVITIES



SMALL SIDED GAMES
Within your own club only



MATCHES/FESTIVALS/EVENTS
Not permitted at this time

FACILITIES



OUTDOOR PITCHES



INDOOR PITCHES



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

This routemap for the return to football has been released by the Scottish FA to reflect the Scottish Government's proposed timeline. It outlines the proposed plan for both training and match play for children, young people and adults.

SAFE PLAY GUIDELINES

All players should arrive ready for football, participate in training and then depart the facility.

All clubs and teams should appoint a COVID officer for training and match play.

Physical distancing for players removed during training and match play only

COVID-19 WARNING

Please remember to follow all COVID-19 protocols, including local restrictions and guidance as outlined by the Scottish Government.

Prior to taking place in any football sessions please ensure that you're aware of all permitted activity and guidance on the Return to Football hub

scotfa.co/returntofootball



FURTHER DETAILS ON MATCH DAY PROTOCOLS TO FOLLOW

LOCAL FRIENDLY GAMES



FURTHER DETAILS ON FORMAL MATCH DAY PROTOCOLS TO FOLLOW



PLEASE REMEMBER THAT THESE DATES ARE ONLY INDICATIVE AND MAY CHANGE SUBJECT TO GOVERNMENT INTERVENTIONS.



Remember **FACTS** for a safer Scotland

F

Face coverings



A

Avoid crowded places



C

Clean your hands regularly



T

Two metre distance



S

Self isolate and book a
test if you have symptoms



nhsinform.scot/coronavirus
#WeAreScotland

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 - During The Session
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ROLE OF THE CLUB



PLAN & PREPARE

- Ensure your club and ALL players and officials are registered with your Affiliated National Association and have completed all the appropriate appointment & selection procedures, training requirements, and first aid qualifications **before** returning to training.
- Clubs with more than 1 team must 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.
- Each club team must appoint a COVID Officer to ensure all 'best practice' guidance is followed by all team members - players, coaches and club volunteers alike – promoting a safe & confident return to training.
- Ensure each team COVID Officer completes a short online **sportscotland** COVID Officer e-learning module. [Covid Officer e-learning module can be found here](#)
- 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 appropriate PPE equipment is made available to each team first aider.
- Ensure there are enough first aid qualified officials and adequate first aid provision at all training sessions.
- Indoor and outdoor hospitality, including club houses which provide catering and bar services, can reopen subject to Scottish Government guidance.
- Online payments for sessions should be taken if possible. If not, alternative measures should be put in place to avoid handling cash wherever possible.
- Communicate with all members to ensure they understand the new procedures and 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.

FACILITY ACCESS

- If you own or manage your facility please adhere to all relevant Scottish Government guidelines.
- If you own or manage your facility, read through and follow **sportscotland's** "Getting Your Facility Fit for Sport" guidance.
- 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, 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.
- Be aware that changing room access may not be available when returning, plan appropriately to manage this e.g. require all players to arrive fully changed.
- 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-3-staying-safe-and-protecting-others/>

TEST AND PROTECT PROTOCOLS

- If you have COVID symptoms, contact the NHS to arrange to be tested at 0800 028 2816 or www.nhsinform.scot
- If someone who has attended your club activity or activity on your site, develops symptoms of COVID, they should be directed to follow the Scottish Government's 'test and protect' guidelines, which can be read on the nhsinform.scot website.
- Ensure an accurate register, including contact details, is kept for EVERY session. This register should be held by the appropriate COVID Co-ordinator, session lead coach or facility operator for the duration of lockdown.
- Ensure all participants are aware of who their relevant COVID Co-ordinator or facility operator contact 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 or facility operator to inform members if someone at the club has tested positive for COVID. This will be done by the NHS Scotland Test & Protect team. An individual's right to privacy must be observed.
- The football club or facility operator 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 should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.
- Full first aid can be administered by coaches but must adhere to new guidelines. First Aid protocols can be found on the Scottish FA Return To Football Hub, along with these additional resources:
 - HSE: [HERE](#)
 - St Johns Ambulance: [HERE](#)
- 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.

ROLE OF COVID CO-ORDINATOR

This person should:

- Follow the role profile as outlined [HERE](#).
- Be familiar with Scottish Government and Scottish FA guidelines in relation to COVID, and be guided by them at all times.
- We could encourage the COVID co-ordinator to be a fully registered official of the club.
- Work closely with the Club Child Wellbeing and Protection Officer/Safeguarding Officer.
- 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 team COVID Officers must retain a copy of the register for every session they lead as back-up in the event of any admin issue.
- Ensure each club team appoints a COVID Officer.
- Liaise with and support each team COVID Officer to ensure they are aware of and adhere to club & Scottish FA Return to Training Guidelines.
- The COVID Co-ordinator must ensure the following:
 - Every team COVID Officer completes a short online **sportscotland** COVID Officer e-learning module. [COVID Officer e-learning module can be found here](#)
 - Once completed, each team COVID Officer must provide a valid certificate of completion to the club COVID Co-ordinator
 - COVID Co-ordinator must maintain an up to date record of all team COVID Officers who are **sportscotland** COVID training certified
 - Once permitted, no match play will be allowed without a COVID Officer with who has a certified **sportscotland** COVID certificate.

ROLE OF THE COACH



PLAN & PREPARE

- Make sure that the activity is appropriate for the age and stage of player.
- Ensure all adult activity does NOT exceed 3 training sessions per week for no more than 90 minutes per session.
- Ensure you have all appropriate PPE equipment necessary to administer first aid. First aid protocols can be found on the Scottish FA Return to Football Hub.
- Coaches/COVID Officers 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 and volunteers from high risk groups should self-assess whether they should attend training sessions. Consult your doctor for advice if you are unsure.
- Arrive in time to ensure that the training is ready so when players arrive they can start immediately.
- Ensure all players train in a 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 may be closed. 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

- Remember: During organised training Adults can only participate in groups of up to:
 - 10 players and 2 coaches (within a 1/4 size pitch area)
 - 14 players and 3 coaches (within a 1/3 size pitch area)
 - 18 players and 4 coaches (within a 1/2 size pitch area)
- Players do not need to adhere to physical distancing whilst on the pitch, but all coaches must maintain 2 metre physical distancing at all times.
- 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 to feed the balls to players. For goalkeepers, please adhere to [COVID Goalkeeper guidelines](#), which can be found on the Scottish FA Return To Football Hub.
- Players should stay well hydrated at all times.
- Spitting is not allowed.
- Heading is permitted as per Scottish FA guidance – [Scottish FA Heading Guidance can be found here](#).
- 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.
- Adhere to all appropriate first aid guidelines. These can be found on the Scottish FA Return To Football Hub.

AFTER TRAINING

- Please leave the football club or facility 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.
- Remind and manage your players, regardless of age, to maintain 2 metre physical distancing at ALL times out-with your organised training sessions. This applies when not on the pitch immediately before and after the session and whilst within the confines of the facility being used.

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 should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend a sports facility/activity.
- For test and protect purposes please ensure you register with your team COVID Officer before each training session.
- 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, until you are on the pitch.

DURING TRAINING

- Players do not need to adhere to physical distancing whilst on the pitch, but all coaches must maintain 2 metre physical distancing at all times.
- 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.
- Goalkeepers, please adhere to Goalkeeping COVID Guidelines.
Goalkeeping COVID Guidelines can be found on the Scottish FA Return To Football Hub.
- 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 or facility immediately after the training session.
- Please limit your attendance at the football club or facility 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, once you leave the pitch.

FACILITY SET UP



PLAN & PREPARE

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

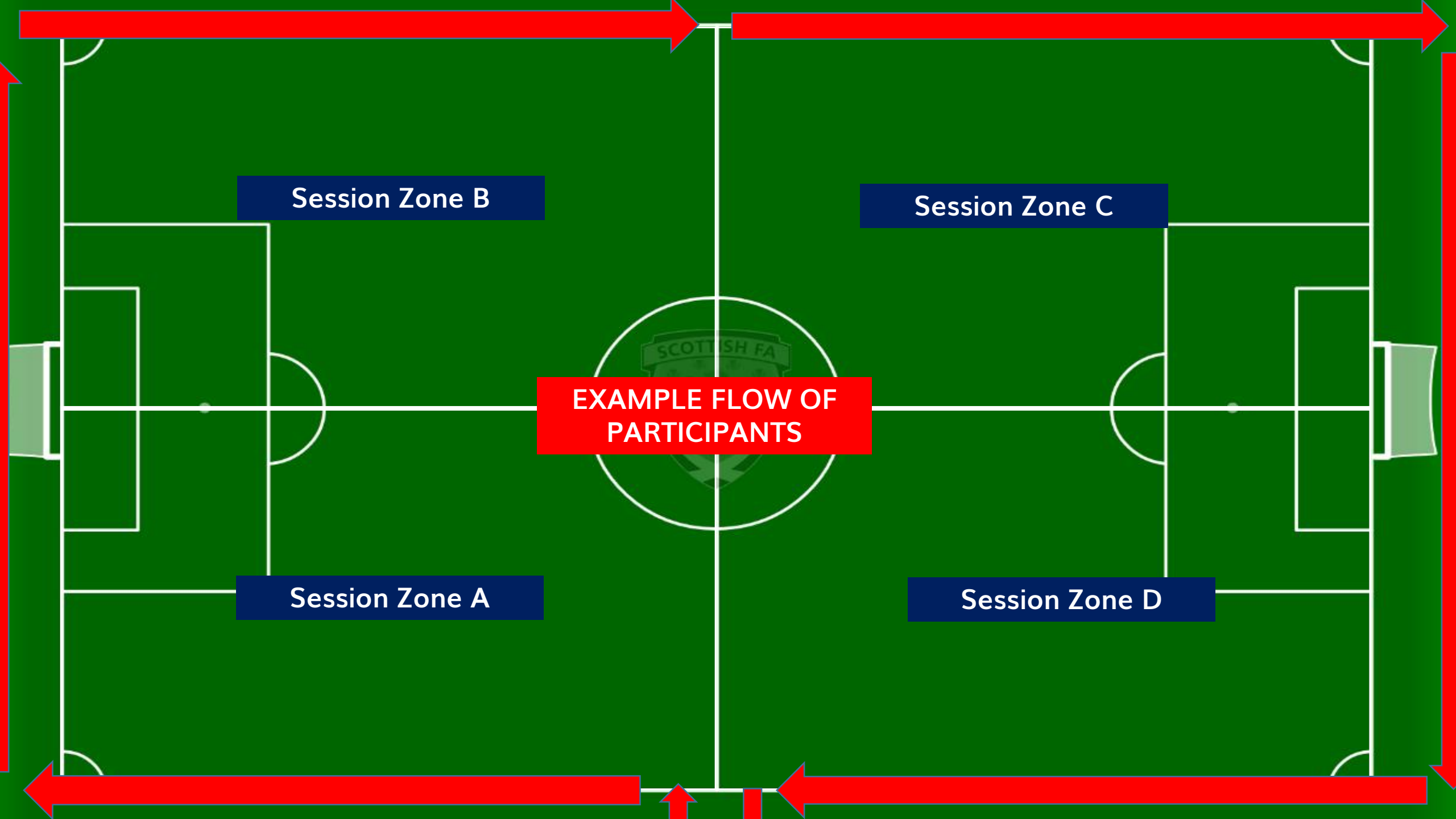
- A COVID co-ordinator to ensure that groups enter and exit the pitch correctly.
- Ensure all adult activity does NOT exceed 3 training sessions per week for no more than 90 minutes per session.
- An agreed meeting area for each individual group to meet before entering the park.
- All groups must exit 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. They must not congregate thus maximising safety and minimising congestion.

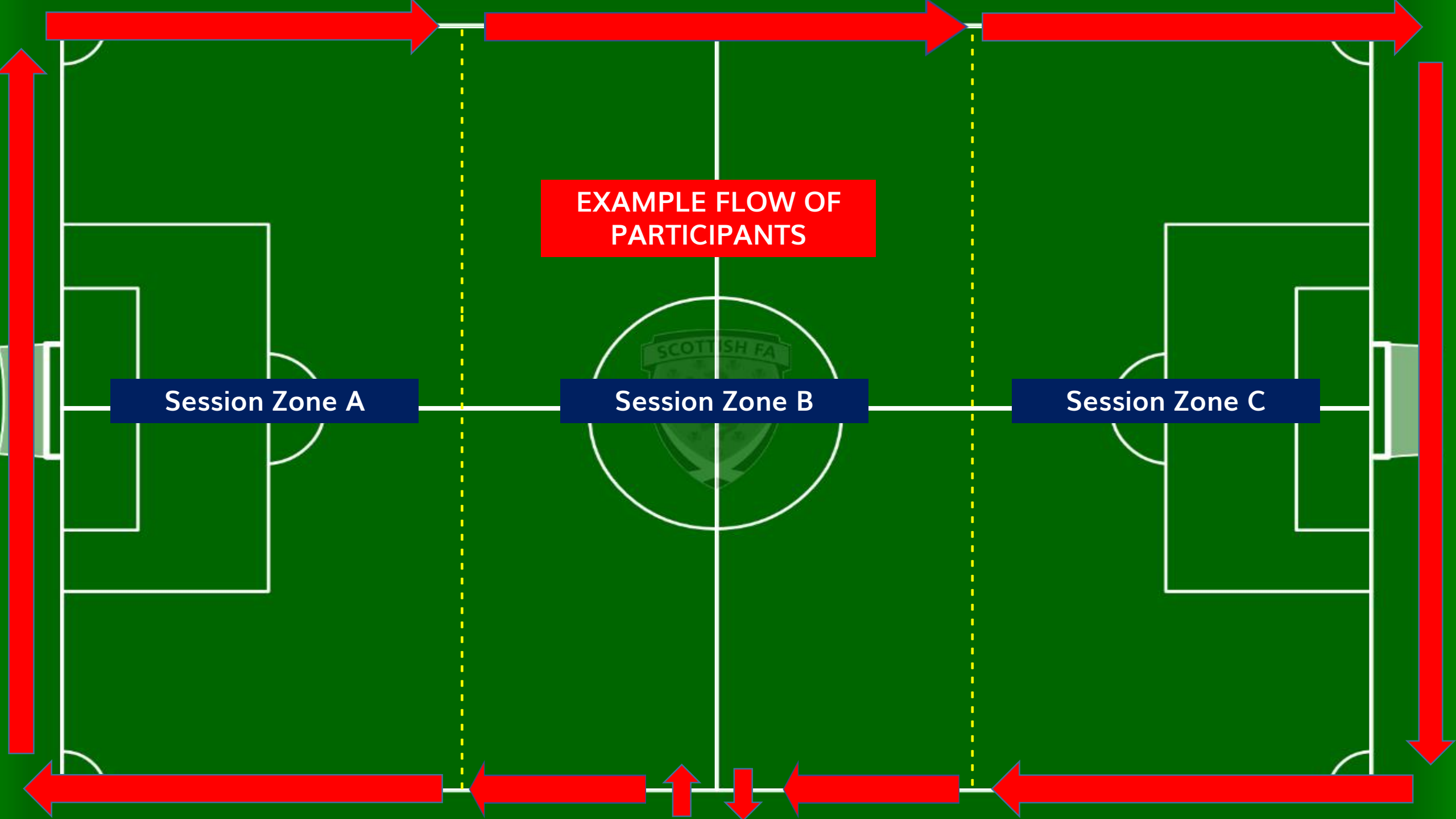
PITCH SET UP

- 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, thirds or halves (examples included).
- Remember: During organised training Adults can only participate in groups of up to:
 - 10 players and 2 coaches (within a 1/4 size pitch area)
 - 14 players and 3 coaches (within a 1/3 size pitch area)
 - 18 players and 4 coaches (within a 1/2 size pitch area)
- Players do not need to adhere to physical distancing whilst on the pitch, but all coaches must maintain 2 metre physical distancing at all times.
- 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.

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.
- To avoid congestion you could increase change over time between sessions.





EXAMPLE FLOW OF
PARTICIPANTS

Session Zone A

Session Zone B

Session Zone C

BUFFER ZONES

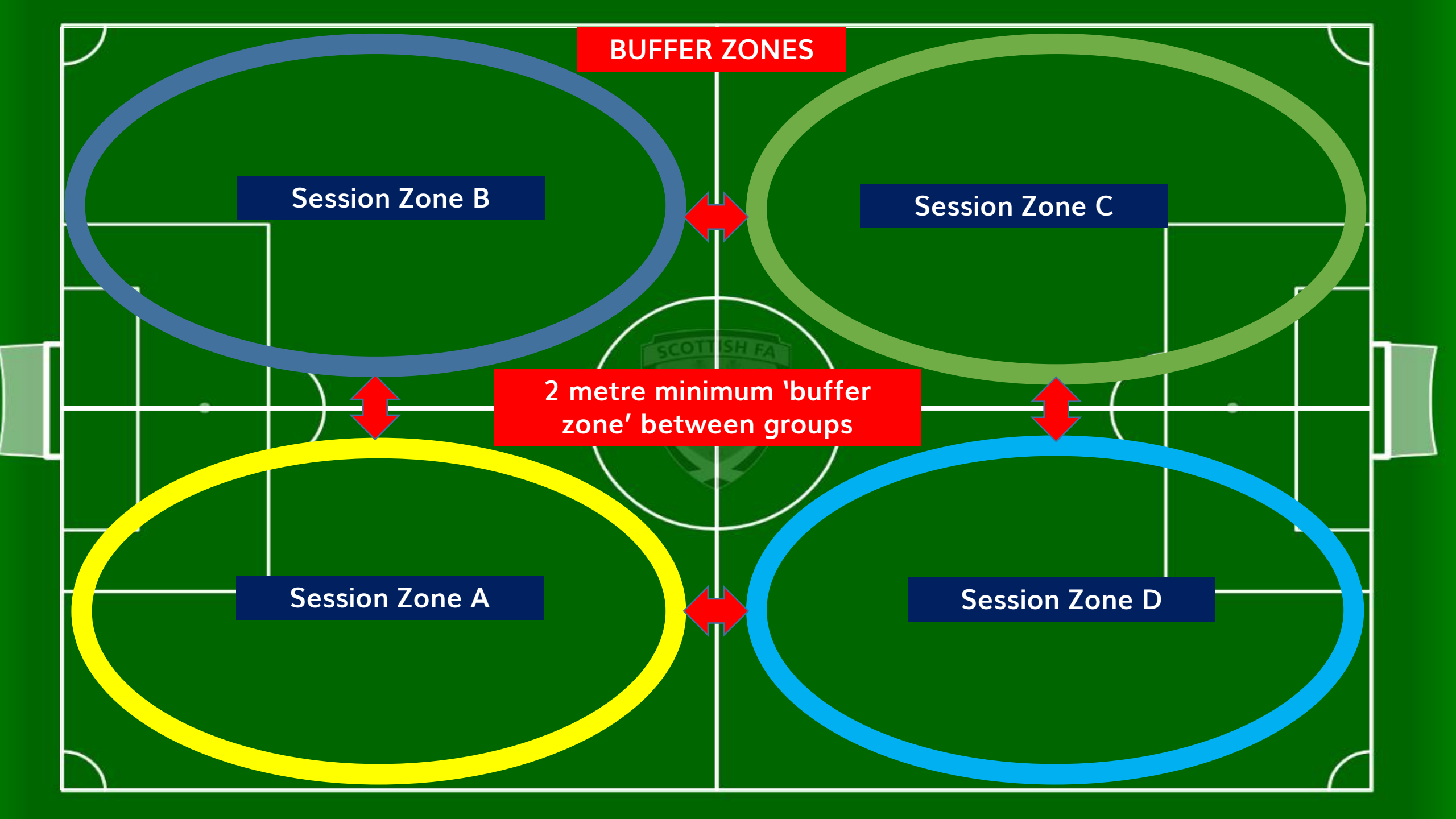
Session Zone B

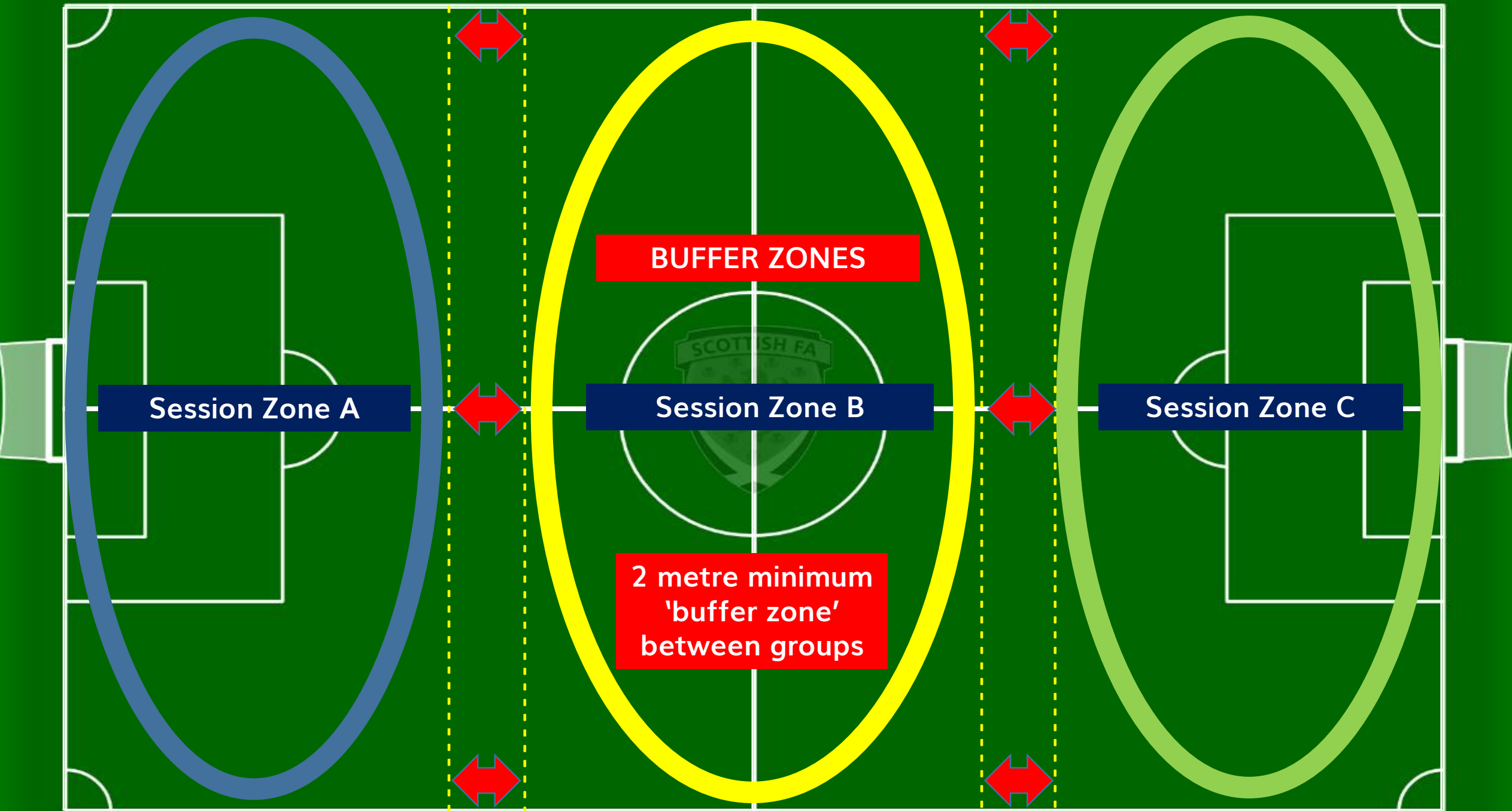
Session Zone C

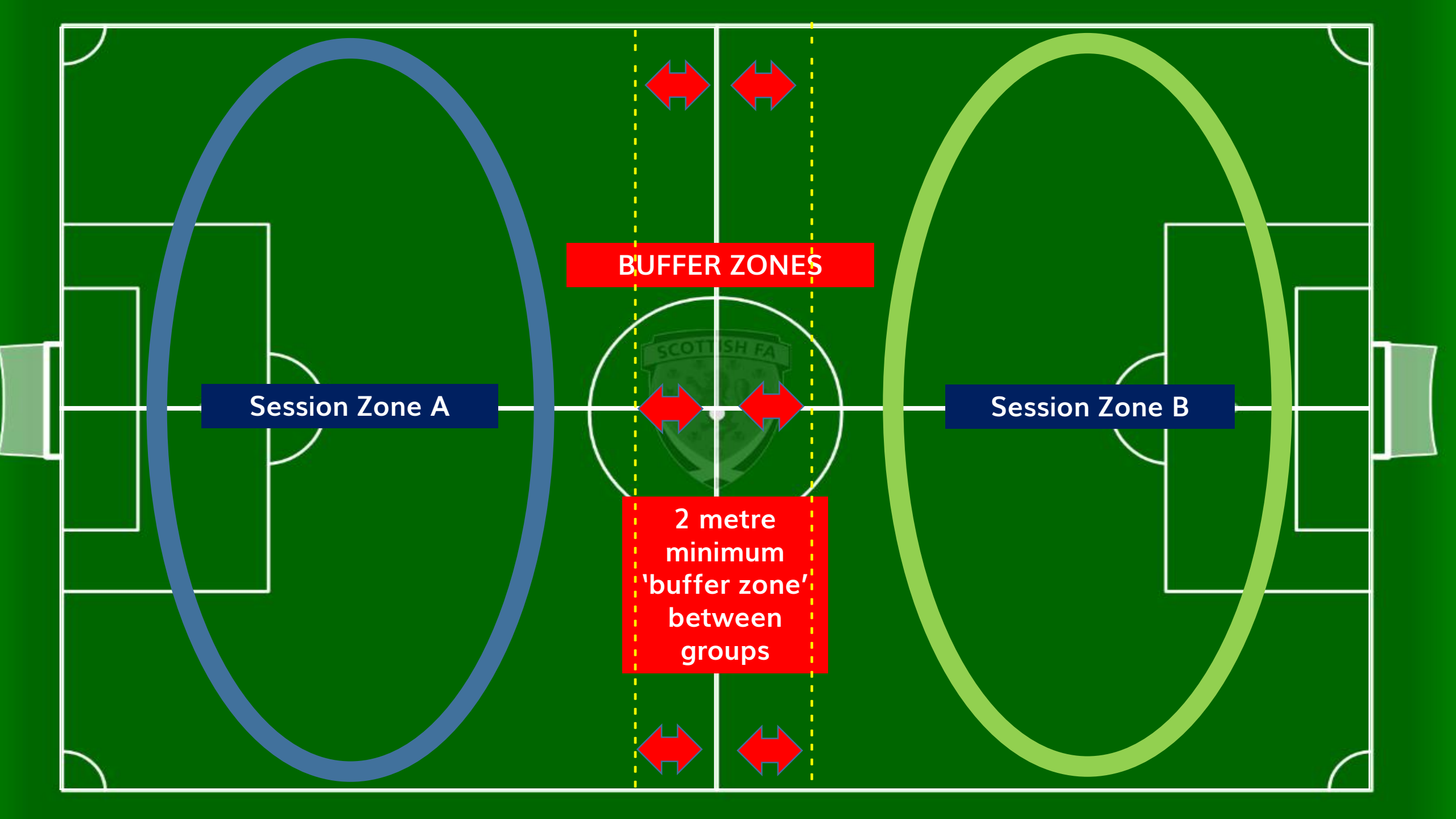
2 metre minimum 'buffer zone' between groups


Session Zone A

Session Zone D









Maximum 12 individuals
(10 players, 2 coaches)
on 1/4 pitch

COVID Officer and
First Aiders can be
off pitch i.e. does not
need to be a coach
within the group

Maximum 48 individuals
(40 players, 8 coaches)
across the full pitch

Groups must stay
within agreed
training area

First Aid protocol
must be followed

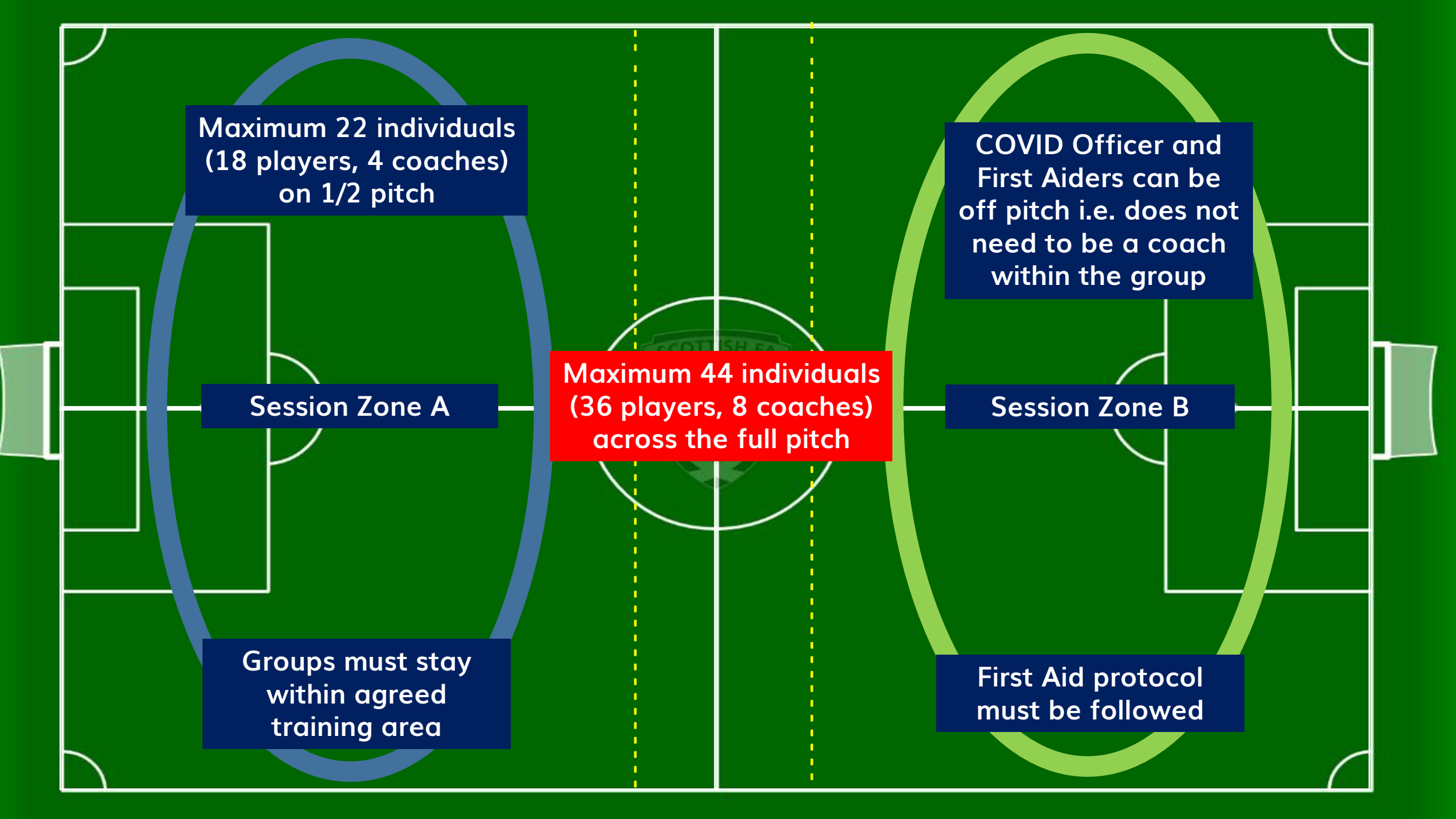
Maximum 17 individuals
(14 players, 3 coaches)
on 1/3 pitch

Maximum 51 individuals
(42 players, 9 coaches)
across the full pitch

COVID Officer and
First Aiders can be
off pitch i.e. does not
need to be a coach
within the group

Groups must stay
within agreed
training area

First Aid protocol
must be followed



Maximum 22 individuals
(18 players, 4 coaches)
on 1/2 pitch

Session Zone A

Groups must stay
within agreed
training area

Maximum 44 individuals
(36 players, 8 coaches)
across the full pitch

COVID Officer and
First Aiders can be
off pitch i.e. does not
need to be a coach
within the group

Session Zone B

First Aid protocol
must be followed

TIMETABLE

- Adult activity should NOT exceed 3 training sessions per week for no more than 90 minutes per session
- Clubs and facility operators 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 (3rd of a

| <u>Arrival Time</u> | <u>Training Time</u> | <u>Finish Time</u> | <u>Maximum group on full pitch</u> |
|---------------------|----------------------|--------------------|--|
| <u>4:45pm</u> | <u>5:00pm</u> | <u>6:00pm</u> | <u>51</u> <u>(Max 14 Players & 3 Coaches in one zone)</u> |
| <u>6:15pm</u> | <u>6:20pm</u> | <u>7:20pm</u> | <u>51</u> <u>(Max 14 Players & 3 Coaches in one zone)</u> |
| <u>7:35pm</u> | <u>7:40pm</u> | <u>8:40pm</u> | <u>51</u> <u>(Max 14 Players & 3 Coaches in one zone)</u> |
| <u>8:55pm</u> | <u>9:00pm</u> | <u>10:00pm</u> | <u>51</u> <u>(Max 14 Players & 3 Coaches in one zone)</u> |



Visit: scotfa.co/ReturnToFootball