

SCOTTISH FA PHASE 3

HOLIDAY PROGRAMME GUIDELINES

CHILDREN & YOUNG PEOPLE
(5 – 17 YEARS OLD)

14 SEPTEMBER 2020

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



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INTRODUCTION

- This guidance applies to all Scottish FA National Affiliated Associations 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 31 August**
- All clubs **MUST** follow all Scottish Government COVID guidance related to sports and leisure facilities found [here](https://www.gov.scot/publications/coronavirus-covid-19-guidance-on-sport-and-leisure-facilities/) (<https://www.gov.scot/publications/coronavirus-covid-19-guidance-on-sport-and-leisure-facilities/>)
- In addition to the above, all clubs **MUST** follow sportscotland's latest sports facility guidance release available [here](https://sportscotland.org.uk/covid-19/getting-your-facilities-fit-for-sport/) (<https://sportscotland.org.uk/covid-19/getting-your-facilities-fit-for-sport/>) 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 at the [Scottish FA 'Return to Football' hub](#).
- For any non affiliated groups please ensure that you follow the latest Scottish Government advice - Coronavirus (COVID-19): fully outdoor childcare providers guidance: <https://www.gov.scot/publications/coronavirus-covid-19-fully-outdoor-childcare-providers-guidance/#>
- This guidance relates to **Children & Young People aged 5 – 17 years old**.
- This document compliments all of the above guidance. It should not be read in isolation.

INTRODUCTION

- Holiday programmes with more than 1 group 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 holiday programme group leader/lead coach must adopt role of COVID Officer and attend a short online **sportscotland** COVID Officer e-learning module. [Covid Officer e-learning module can be found here.](#)
- All members should be reminded of who your Child Wellbeing & Protection Officer is and how to contact them.
- During organised training Children & Young People can participate in groups of up to:
 - 15 players and 2 coaches within a 1/4 size pitch area or indoor 5v5 court size
 - 20 players and 3 coaches within a 1/3 size pitch area or indoor 7v7 court size
 - 30 players and 4 coaches within a 1/2 size pitch area
- **OUTDOOR:** All players do not need to adhere to physical distancing whilst on the pitch, but all adult coaches must maintain 2 metre physical distancing at all times.
- **INDOORS:** Children (Under 12) do not need to adhere to physical distancing whilst on the pitch/court, but all adult coaches must maintain 2 metre physical distancing at all times. **ADULT & YOUNG PEOPLE (12 plus) Non-contact only and maintain a 2 metre physical distancing at all times. For Indoor Physical distance**
- Coaches and players must stay within the same 'football bubble' throughout the duration of the holiday programme.
- During this phase and to assist with planning and communication, we recommend that out with training sessions, all participants observe 2 metre physical distancing in and around the club.
- There are no restrictions on the duration of holiday camp sessions.
- It is a club's responsibility to 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'](#).

SCOTTISH GOVERNMENT PHASE THREE UPDATE

COVID-19 UPDATE

ROUTEMAP FOR RETURN TO FOOTBALL

31 AUGUST - STAGE 1 & 2 - SQUAD TRAINING RETURNS

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



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

PERMITTED ACTIVITY - ADULTS AGED 18 YEARS +



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

*Some permitted activity allowed from 31 August
Go to updated guidance for further details



INDOOR PITCHES



PROTOCOLS

Share your protocols with all participants including Test and Protect



FURTHER DETAILS ON MATCH DAY PROTOCOLS TO FOLLOW



LOCAL FRIENDLY GAMES



FURTHER DETAILS ON MATCH DAY PROTOCOLS TO FOLLOW



This routemap for the return of football has been released by the Scottish FA to reflect the Scottish Government's proposed timeline. It outlines the 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

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

FACILITY SET UP: INDOOR & OUTDOOR



PLAN & PREPARE

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

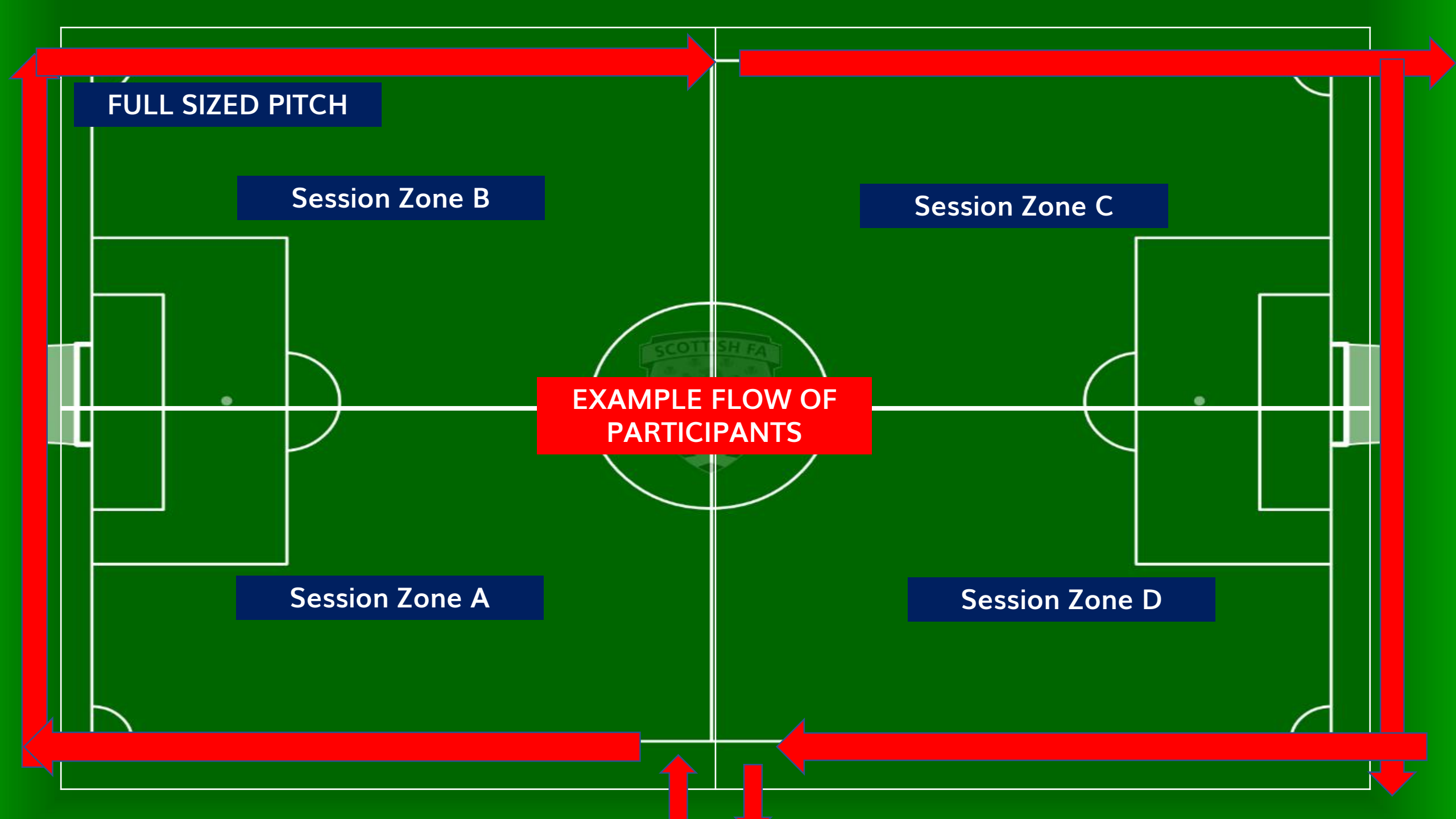
- A COVID co-ordinator to ensure that groups enter and exit the pitch/court correctly.
- Each coach who is in charge of an individual group must adopt role of COVID Officer and attend a short online sportscotland COVID Officer e-learning module. [Covid Officer e-learning module can be found here.](#)
 - 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/indoor centre.
 - All groups must exit the park/indoor centre 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'
- Any one not participating SHOULD NOT congregate before, during or after a session.
- Where possible all holiday programmes should take place outdoors.
- In the case of severe weather conditions children and staff will have access to a sheltered area. This could be a permanent or temporary structure. These settings will have a comprehensive contingency plan which has been articulated and agreed with parents on for occasions where severe weather conditions prevent children from being outside.

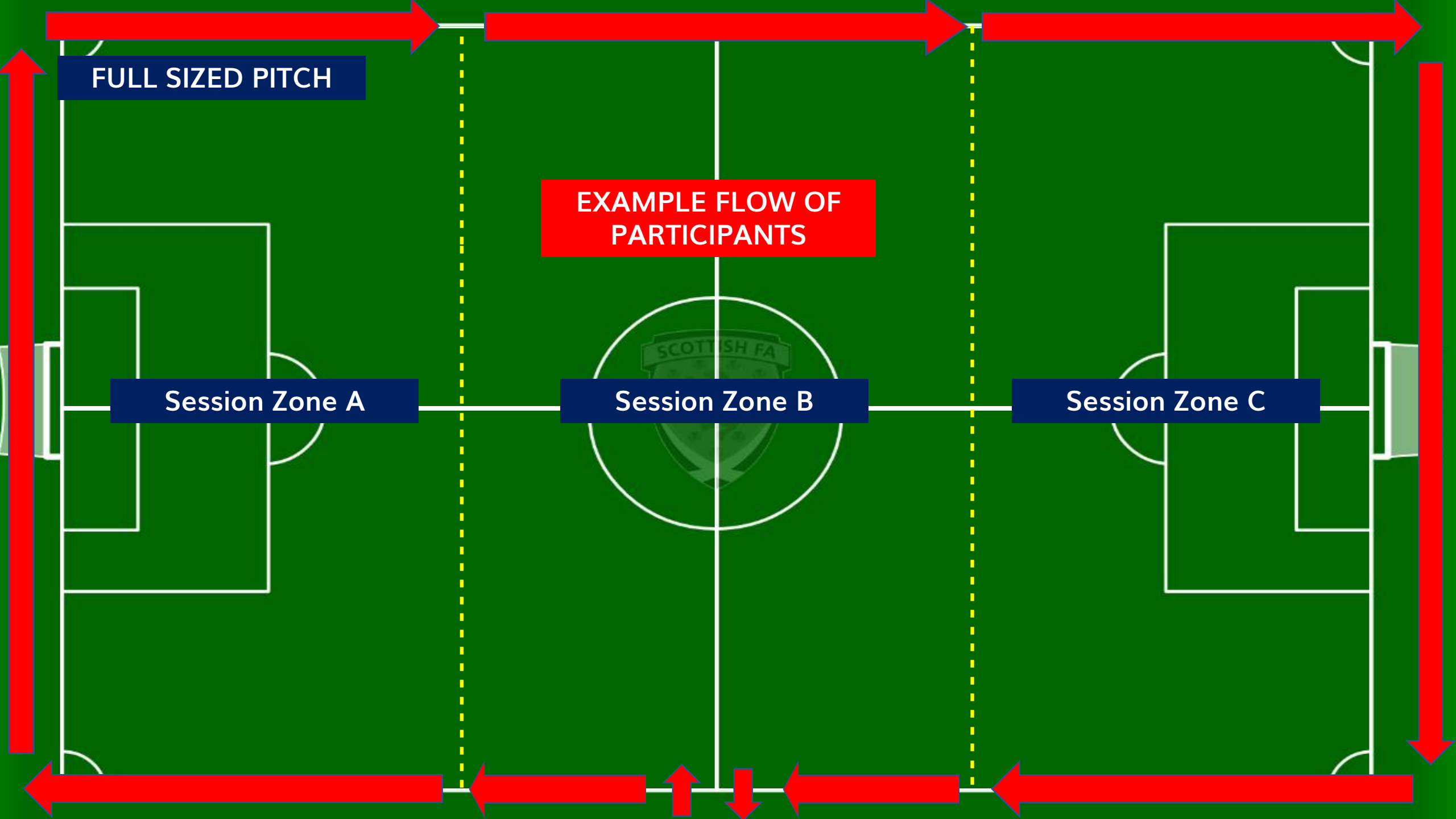
PITCH SET UP

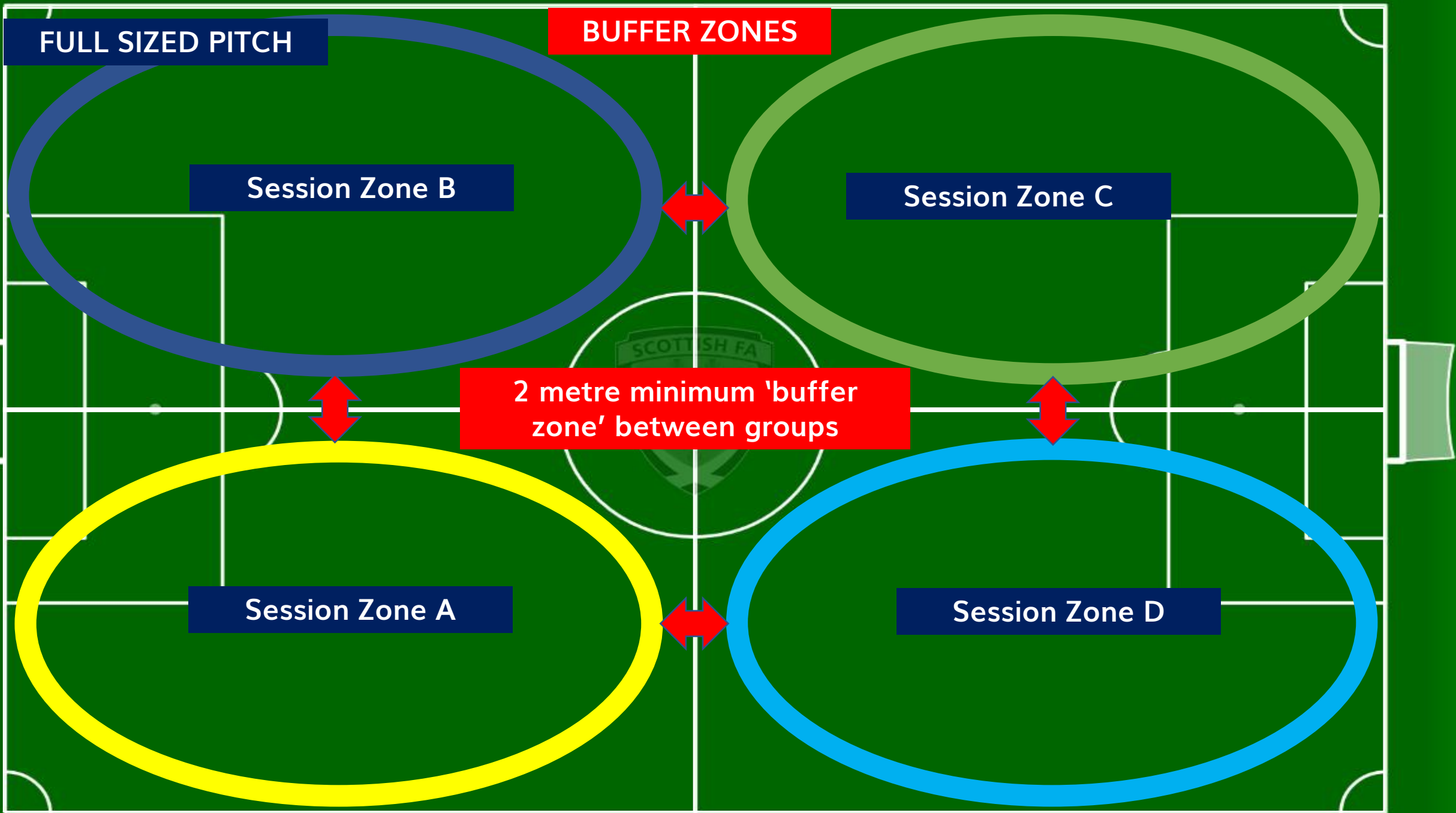
- Coaches must ensure players avoid congregating at gates and other potential 'pinch points'.
 - Outdoor pitches and indoor halls should be marked out into individual training areas. It is recommended a full pitch size pitch is marked out in quarters, thirds or halves (example included).
 - During organised training Children & Young People can participate in groups of up to:
 - 15 players and 2 coaches within a 1/4 size pitch area or indoor 5v5 sided court*
 - 20 players and 3 coaches within a 1/3 size pitch area or indoor 7v7 sided court*
 - 30 players and 4 coaches within a 1/2 size pitch area
- *Indoor training – All activity for players aged 12 years + is currently non contact.**
- Coaches must follow all guidance related to Child Wellbeing.
 - Coaches are responsible for informing all players and parents/carers of the entry and exit protocol 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 with the same group for the duration of each session.

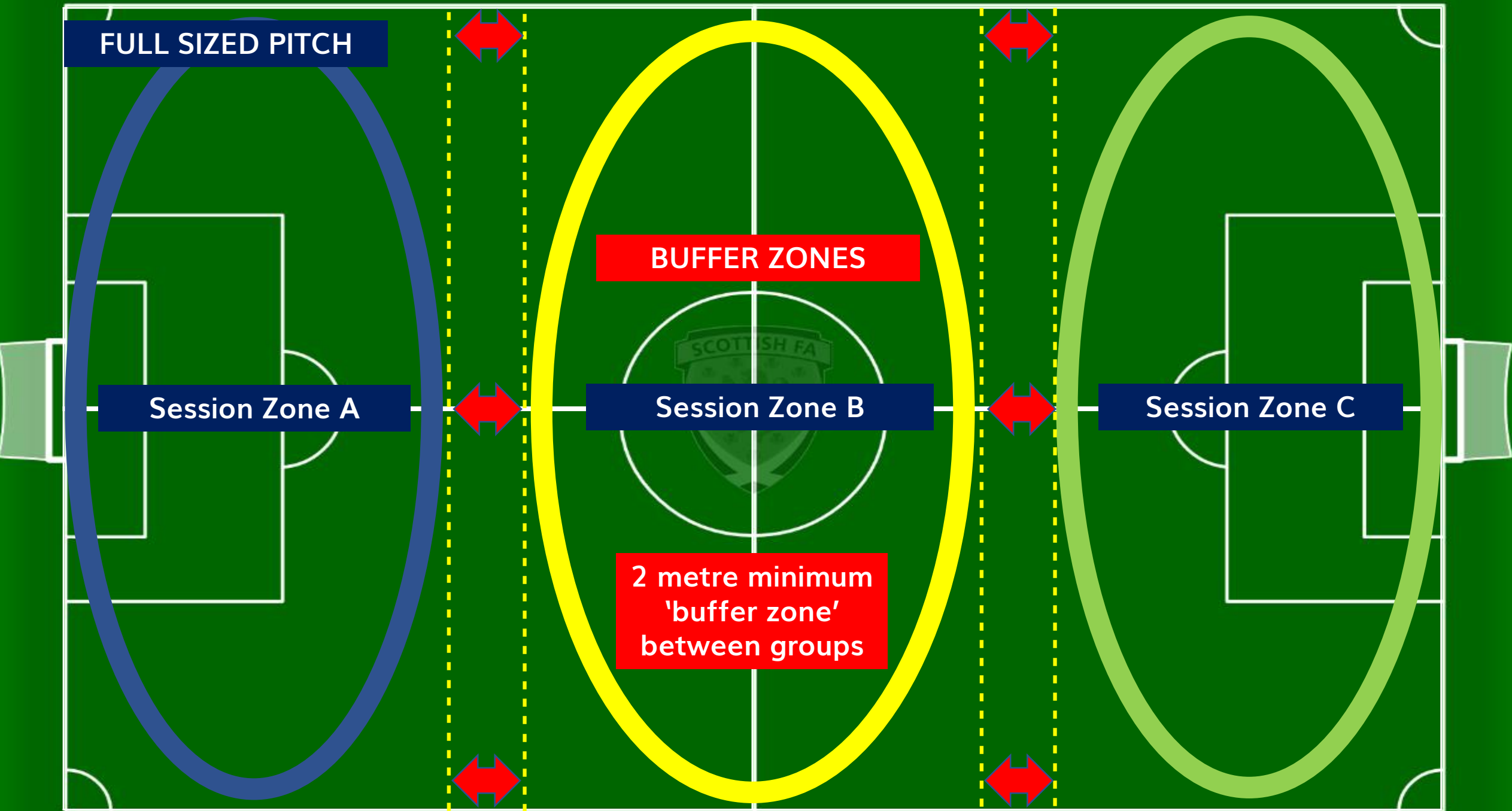
PITCH SET UP

- 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.









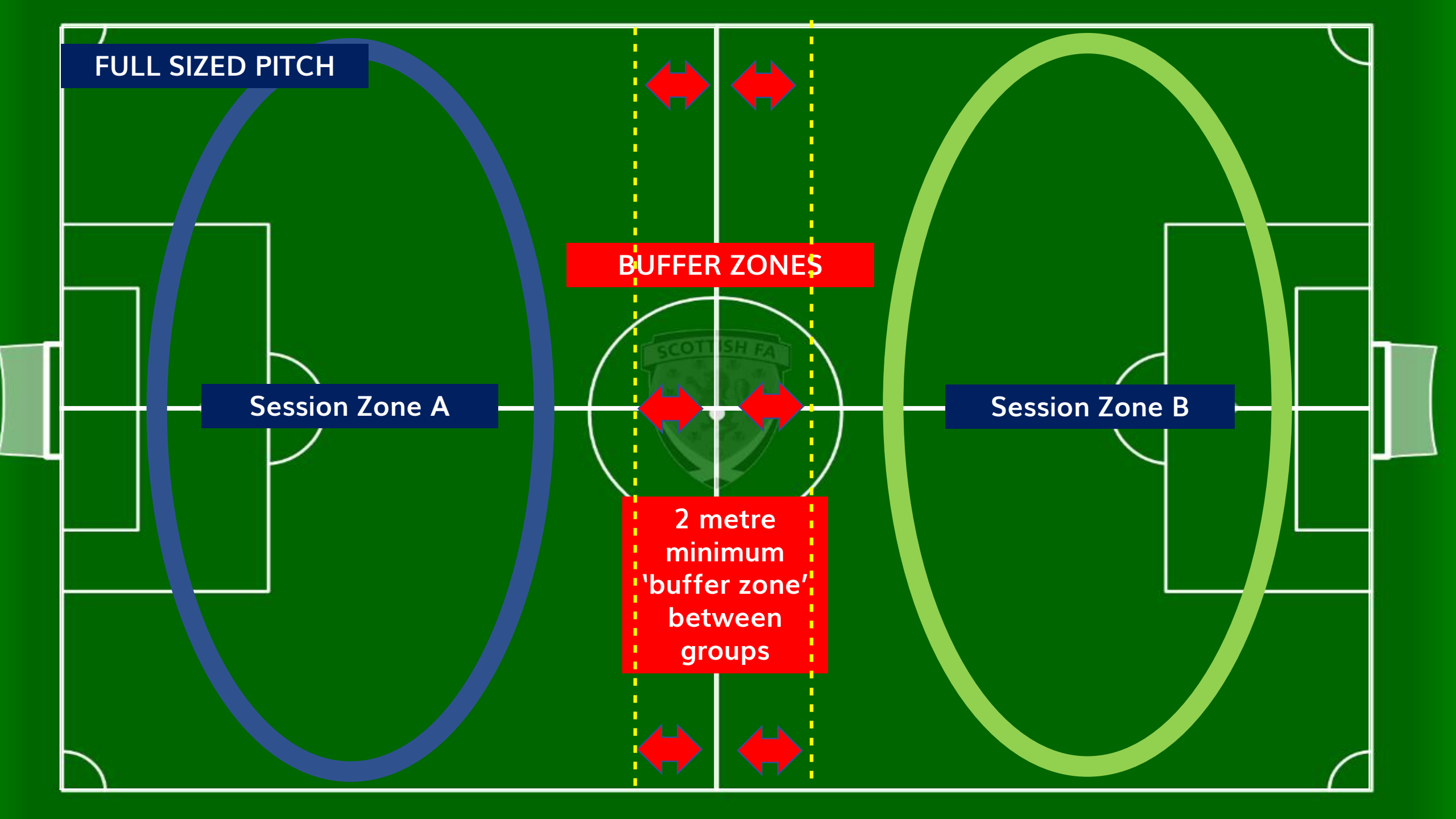
FULL SIZED PITCH

Session Zone A

BUFFER ZONES

Session Zone B

2 metre
minimum
'buffer zone'
between
groups



FULL SIZED PITCH

Maximum 17 individuals
(15 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

Must be a minimum
of 2 club coaches
when working with
children and young
people

Maximum 68 individuals
(60 players, 8 coaches)
across the full pitch

Groups must stay
within agreed
training area

First Aid protocol
must be followed

FULL SIZED PITCH

Maximum 23 individuals
(20 players, 3 coaches)
on 1/3 pitch

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

Must be a minimum
of 2 club coaches
when working with
children and young
people

Maximum 69 individuals
(60 players, 9 coaches)
across the full pitch

Groups must stay
within agreed
training area

First Aid protocol
must be followed

FULL SIZED PITCH

Maximum 34 individuals
(30 players, 4 coaches)
on 1/2 pitch

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

Must be a minimum
of 2 club coaches
when working with
children and young
people

Session Zone A

Maximum 68 individuals
(60 players, 8 coaches)
across the full pitch

Session Zone B

Groups must stay
within agreed
training area

First Aid protocol
must be followed

TIMETABLE

- Clubs and facility operators must timetable the arrival of all groups and ensure that car parking areas are marked out accordingly.
- Clubs must follow the 'Planning and Organisation' practice note within the Scottish FA's Child Wellbeing & Protection Policy on the drop off and collection by parents/carers.
- Individual groups must know their arrival time and should wait at agreed meeting point before entering the pitch / court.
- Groups must enter the pitch/court and move directly to the designated area.
- All groups must clear the pitch at least 20 minutes before the next groups enter.
- Incoming training groups must remain in their cars or at specified waiting areas until the pitch is clear.

Example Timetable (Outdoor 1/4 pitch & 5v5 Indoor Court)

Arrival Time	Holiday Session Start Time	Finish Time	Maximum group on full pitch OUTDOOR (1/4 of Pitch)	Maximum group on INDOOR (5v5 Court)
8.50am	9:00am	12:00pm	68 (Max 15 Players & 2 Coaches in one zone)	17 (Max 15 players & 2 coaches)
12:50pm	1:00pm	4:00pm	68 (Max 15 Players & 2 Coaches in one zone)	17 (Max 15 players & 2 coaches)

INDOOR SPECIFIC ACTIVITY

- **PLEASE REMEMBER** – the following applies to **INDOOR FOOTBALL ACTIVITY ONLY**.
- **INDOOR TRAINING:** Children (Under 12) do not need to adhere to physical distancing whilst on the pitch, but all adult coaches must maintain 2 metre physical distancing at all times.
- **ADULT & YOUNG PEOPLE (12 plus) Non-contact only**
- Any club or facility provider should refer to sportscotland 'Indoor Sports Hall Operational Guidance' document. [Please find document here.](#)
- During organised training, Children & Young People can participate in groups of up to:
 - 15 players and 2 coaches indoor 5v5 sided court*
 - 20 players and 3 coaches indoor 7v7 sided court*
 - 30 players and 4 coaches indoor 1/2 pitch

(Any indoor area smaller than 5v5 areas must apply common sense approach and reduce player numbers in relation to size.)

*Indoor training – All activity for players aged 12 years + is currently non contact

- We must stress that at this stage **INDOOR FORMAL LEAGUE ACTIVITY IN ANY FORMAT OF THE GAME IS NOT ALLOWED (Including Futsal)**.
- Please ensure a full, indoor specific, risk assessment is completed prior to any session.
- It is the responsibility of the club to understand facility operator and activity providers' guidelines to enable any football activity to take place in as safe a manner as possible. They must visit and understand all relevant guidance available on the [Scottish FA 'Return to Football Hub'](#).
- Child Wellbeing and Protection is at the core of all children and youth football activities. Please ensure that all related guidance in this area is fully implemented (see following page for further detail).
- During this phase and to assist with planning and communication, we recommend that outwith the football-related activity itself, **all participants MUST observe 2 metre physical distancing in and around the facility/venue**. This helps to further anchor current Scottish Government advice in this regard.

INDOOR SPECIFIC ACTIVITY

For clubs operating their own indoor space please consider the following:

- Session start and finish times should be staggered so that no more than the maximum number of participants and staff are in the building at any one time.
- Implement a booking system (online or phone) or other approach to manage demand so that no more than the maximum number of participants and staff are in the building at any one time. Operators may want to consider operating booking slots for participants to achieve this.
- Manage the number of participants and staff in the building by reducing class sizes and amending the timetable of bookable sessions.
- Parents/carers must adhere to any restrictions around household limits when using a café/catering within the facility.
- A buffer time should be included between sessions of 20-30 minutes to allow for cleaning and people to leave without groups overlapping, appropriate to the activity and facility.
- All participants should have left the pitch/court space prior to any participants in the next session being allowed in. A one-way system, traffic-light system or controlled queueing system should be implemented to avoid any cross-over of participants.
- Car parking may also need to be managed to prevent crossover of participants or a build-up of traffic and people.

INDOOR SPORT COURT

Maximum
5v5 size court: 17 individuals (15 players, 2 coaches)
7v7 size court: 23 individuals (20 players, 3 coaches)

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

Must be a minimum
of 2 club coaches
when working with
children and young
people

2 metre minimum 'buffer
zone' between groups

First Aid protocol
must be followed

To avoid congestion
increase change over
time between
sessions.

Groups must stay
within agreed
training area and not
mix with other
groups

ROLE OF THE CLUB



PLAN & PREPARE

- Ensure your club is registered with your Affiliated National Association.
- Holiday programmes with more than 1 group 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 coach who is in charge of an individual group must adopt role of COVID Officer and attend 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 all officials have completed all relevant and appropriate appointment and selection procedures (including PVG scheme membership).
- Communicate with coaches, players to ensure they understand the new procedures to keep everyone safe.
- Clearly communicate your procedures with registered parents & players PRIOR to attending any holiday programme session.
- Ensure there are enough first aid qualified officials and adequate first aid provision at all training sessions.
- Complete risk assessments for indoor and outdoor activity prior to any session.
- Liaise with your insurers to check that you're covered for all activity offered.
- Ensure everyone is aware of your Child Wellbeing & Protection policy, especially the Responding to Concerns procedure.

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.
- In the case of severe weather conditions children and staff will have access to a sheltered area. This could be a permanent or temporary structure. These settings will have a comprehensive contingency plan which has been articulated and agreed with parents for where severe weather conditions prevent children from being outside.
- 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 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 website
- Ensure an accurate register, including contact details, is kept for EVERY session. This register should be held by both 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 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.
- Outside your organised training session 2 metre physical distancing must be adhered to by EVERYONE at ALL times.
- 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 in 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.
- Ensure all players and coaches maintains a high levels of hand hygiene throughout each session by regularly washing/sanitising hands.
- 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.

CHILD WELLBEING & PROTECTION

- All football activities involving Children & Young People must involve a minimum of two adults in line with [Scottish Football's Child Wellbeing and Protection Policy](#) and practice note on 'Planning and Organisation'.
- Under the Scottish Government's route map and in line with the above policy, the following must be adhered to when any football activity is undertaken with children:
- All coaches/staff/volunteers involved in any regulated activity must have undertaken 'safe' recruitment procedures including completion of the PVG membership scheme via the relevant National Affiliated Association.
- Coaches/staff/volunteers involved in any football activity can only coach within their own club setting.
- All coaches/staff/volunteers must undertake relevant child wellbeing & protection training and agree to a Code of Conduct.
- Ensure that the club's Child Wellbeing & Protection Officer is in place and available to respond to concerns as and when required - Activity shouldn't commence without a CWPO in place.
- All coaches/staff/volunteers must undertake relevant training and agree to a Code of Conduct.
- All activities must be fully risk assessed in advance with the relevant club insurance in place.
- All football activity should take place outdoors.
- Coaches and instructors working with children should familiarise themselves with the additional considerations developed by Children 1st: [Child Wellbeing and Protection Considerations](#) .
- More information on child wellbeing & protection for clubs can be found on the [Scottish FA's Website](#).

ROLE OF COVID CO-ORDINATOR

This person should:

- Follow the COVID co-ordinator 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 coordinator 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 group has a COVID Officer.
- Liaise with and support each group 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:
 - COVID Officers attend a short online **sportscotland** COVID Officer e-learning module.
[Covid Officer e-learning module can be found here](#).
 - Once completed, each 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 activity 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.
- Coaches must stay with the same group of player during the
- 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 holiday programme venue on foot or by bicycle and avoid using public transport.
- Individuals 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 clearly marked out area and set up a designated 'Sheltered Area' 'Hygiene Station' and 'Players Area' for your players.
- Clearly communicate the rules to players in advance of training sessions.
- Come to the holiday programme session in your coaching kit. Any dressing rooms will be closed. You CANNOT take a shower.
- Bring your own water bottle clearly marked to ensure no sharing.
- Additional example activity sessions will be made available on the Scottish FA Return to Football Hub.
- Ensure parent/carers are aware of the drop off and pick up times for training in advance
- 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
- Adhere to Scottish football's Code of Conduct for working with children and young people – [Set the Standards](#) – throughout all sessions.

DURING TRAINING

- Make the sessions fun!
- During organised training Children & Young People can participate in groups of up to:
 - 15 players and 2 coaches within a 1/4 size pitch area or indoor 5v5 sided court*
 - 20 players and 3 coaches within a 1/3 size pitch area or indoor 7v7 sided court*
 - 30 players and 4 coaches within a 1/2 size pitch area
- *Indoor training – All activity for players aged 12 years + is currently non contact
- It is important that we don't push our players too hard, increasing the risk of injury.
- Physical intensity should start low and increase gradually.
- 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 drinking plenty of water with regular small sips from their *own* bottle.
- Spitting is not allowed.
- Heading is permitted as per Scottish FA guidance – [Scottish FA Heading Guidance can be found here.](#)
- Although 'physical fitness' is something that may have decreased during this break, we should still keep our main focus on fun, technical and tactical development.
- Ensure players touch or share as few items of equipment as possible.
- Ensure all players and coaches maintains a high levels of hand hygiene throughout each session by regularly washing / sanitising hands.
- Always follow club guidance from, for example, other coaches, COVID Co-ordinator / Officer or committee members. Stay with your own group when several groups are active at the same time.
- 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.

AFTER TRAINING

- Once all participants have left the training facility safely, please also leave promptly.
- 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.

We fully appreciate that Under-12s are now free from physical distancing. However, the above point has been put in place to help clubs safely manage sessions that may involve players from both the Children and Young People age groups.

ROLE OF THE PARENT/CARER



PLAN & PREPARE

- DO NOT ATTEND TRAINING if you or anyone from your household should be isolating based on Scottish Government guidelines.
- Parents/carers who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household.
- Talk to your child about attending the holiday programme to help them understand the measures that have been taken to keep them safe.
- Remind your child it is important they focus on having fun. Don't push too hard and risk injury.
- Ensure your child washes their hands thoroughly before training and arrives ready to train in clean kit.
- For test and protect purposes please ensure you register with your team COVID Officer before each training session.
- Be considerate of others when dropping off and collecting children. Avoid congregating, keep to 2m physical distancing and avoid touching hard surfaces.
- Ensure your child and coach has your contact number.
- Your child should bring their own water bottle with their name clearly visible.
- Please give your child's coach plenty notice as to whether your child will attend or be absent from any training session.
- To limit over-crowding, please bring your child to the training session on your own, following your club's advice on arrival time.
- Only bring your child to the football club for arranged training sessions.

DURING TRAINING

- Parent/carers who DO NOT need to supervise their children or young people are not permitted to stay during training sessions.
- Always follow club guidance from coaches, the COVID Co-ordinator or committee members.
- Parents/carers will be encouraged not to spectate in order to ensure physical distancing measures for adults are maintained. This applies before, during and after the session.
- Your club should provide clear guidance regards drop off and pick up points.
- If you envisage your child may require support during a training session (e.g. help accessing a toilet), it is permitted to have one parent/carer present.
- This person must however observe the applicable protocol, e.g. remain in the car or close to the facility whilst maintaining physical distance from others.
- First aid protocols can be found on the Scottish FA Return To Football Hub.
- Please note holiday programme first aiders can now administer full first aid.
- If your child would not be able to do this, discuss with your club how you can safely stay close by to the training venue so you can come and assist if your child was to be injured.

AFTER TRAINING

- Immediately after training, a parent/carer should collect the child as promptly as possible.
- Ensure you and your child's hands are sanitized immediately after training.
- Inform the club immediately should your child start to show symptoms of COVID-19.
- At this stage, home training and setting individual skill and fitness challenges are vital to maximise development within the limited contact time. Please liaise with your child and the coach to find out what these are.
- Remind and manage your child, regardless of age, to maintain a 2 metre physical distance from everyone at ALL times before and after their organised training sessions whilst at the facility.

ROLE OF THE PLAYER



PLAN & PREPARE

- If you are feeling unwell, let someone at home know and don't come to training.
- For test and protect purposes please ensure you register with your team COVID Officer before each training session.
- Wash your hands regularly with soap and water for 20 seconds, including just before you leave for training.
- Come ready to take part in training:
 - Have clean training kit on
 - Bring a water bottle that is clearly identifiable as yours - you may want to add your name or initials
 - Bring your own hand sanitiser.
- Put your belongings in your designated 'Players Area' (if applicable).
- Do not enter the pitch before you are asked to do so by your coach or another club official.
- Familiarise yourself with your club's Child Wellbeing & Protection Officer and how to contact them should you have any concerns
- Use only your own equipment where at all possible.
- If you have any questions or concerns about your training, tell your parent/carers who can get any answers you need from your club.
- Regardless of your age you must maintain 2 metre physical distancing from everybody before and after your training session

DURING TRAINING

- Have fun!
- Always listen to your coaches. They are there to keep you safe and to help you enjoy playing football.
- Do not touch equipment that is not yours. This includes goalposts, 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 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 (your coach will be able to tell you where this is).
- When asked to do so by your coach, wash your hands using the 'Hygiene Station' provided.
- INDOOR ONLY: 12-17 years must remember to maintain a 2 metres physical distancing at all times whilst training INDOORS.

AFTER TRAINING

- Follow instructions from your coach to leave your training session quickly once you are finished; making sure a parent/carer is there to collect you – do not wander off on your own.
- Please limit your attendance at the football club and only attend for arranged training sessions.
- Apply hand sanitizer.
- Ensure you take all personal belongings and equipment with you at the end of training and do not leave anything at the venue/facility.
- At this stage, home training and setting individual skill and fitness challenges are vital to maximise development within the limited contact time – please speak to your coach to find out what these are.
- Regardless of your age you must to maintain 2 metre physical distancing from everybody before and after your training session



Visit: scotfa.co/ReturnToFootball