

SCOTTISH FA

**COVID PROTECTION LEVEL
UPDATE**

**UNDER-18s
RETURN TO TRAINING
(INDOOR & OUTDOOR)**

MONDAY 9 NOVEMBER 2020



CONTENTS

- INTRODUCTION
- TRAVEL GUIDELINES
- FACILITY SET UP (Indoor & Outdoor)
 - Plan & Prepare
 - Pitch Set Up
 - Timetable
- ROLE OF THE CLUB
 - Plan & Prepare
 - Facility Access
 - Test & Protect Protocols
 - Health & Hygiene
 - Child Wellbeing & Protection
 - Role Of The COVID Co-ordinator
- ROLE OF THE COACH
 - Plan & Prepare
 - During The Session
 - After The Session
- ROLE OF THE PARENT/CARER
 - Plan & Prepare
 - During The Session
 - After The Session
- ROLE OF THE PLAYER
 - Plan & Prepare
 - During The Session
 - After The Session

INTRODUCTION

- This guidance applies to all Scottish FA National Affiliated Associations leagues and clubs and is in accordance with the Scottish Government COVID Protection Levels as announced on Thursday 29th October 2020.
- More detailed information on these revised restriction levels can be found within the Scottish Government's 'Coronavirus (COVID-19): Scotland's Strategic Framework' which can be downloaded in PDF format here: www.gov.scot/publications/covid-19-scotlands-strategic-framework/
- For 18+ (adult game), there is separate guidance available on the Scottish FA's Return to Football Hub.
- 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/>
- In addition to the above, all clubs **MUST** follow sportscotland's latest sports facility guidance release: <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 COVID Levels Guidance found at the Scottish FA Return to Football Hub: <https://www.scottishfa.co.uk/football-development/return-to-football-hub/covid-protection-levels-guidance/>)
- This document compliments all of the above guidance. It should not be read in isolation.

INTRODUCTION

- During organised training Under-18s 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
- All players 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.
- Full first aid can be administered by coaches but must adhere to new guidelines. First aid protocols can be found on the Scottish FA's Return to Football Hub, here:
<https://www.scottishfa.co.uk/football-development/return-to-football-hub/>.
- During this phase and to assist with planning and communication, we recommend that out with the football-related activity itself, all participants observe 2 metre physical distancing in and around the facility/venue. This assists with anchoring related Scottish Government advice and messaging in this regard.
- 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. Please find COVID Co-ordinator role description here:
<https://www.scottishfa.co.uk/media/6480/covid-co-ordinator-role-description.pdf>
- Each club team must appoint a team COVID Officer who must attend a short online sportscotland COVID Officer e-learning module. Covid Officer e-learning module can be found here:
https://rise.articulate.com/share/gnk3qPoxD30r_1rmijUPJipuOksCwGs9#/
- All members should be reminded of who your Child Wellbeing & Protection Officer is and how to contact them.

TRAVEL GUIDELINES

- For the most up-to-date travel advice for your local authority area, please see the Scottish Government COVID Protection Levels page on the Scottish FA Return to Football Hub:
<https://www.scottishfa.co.uk/football-development/return-to-football-hub/covid-protection-levels-guidance/>
- Players should travel to training by foot, bike or car wherever possible. These remain the preferred methods of travel and the lowest transmission risk.
- Current Scottish Government advice when travelling by car is that YOU MUST ONLY TRAVEL WITH MEMBERS OF YOUR OWN OR EXTENDED HOUSEHOLD.
- It is accepted that occasions may arise when there is no safer alternative but to travel with people from out with your household. A good example in football-related activity terms is where a child or young person may fail to be picked up by a parent or carer and being left alone or in a vulnerable position exposes them to greater risk than travelling in a shared vehicle.
- In such circumstances, you should follow Transport Scotland's Safe Travel guidance for travelling with others in a car here:
<https://www.transport.gov.scot/coronavirus-covid-19/transport-transition-plan/advice-on-how-to-travel-safely/#section-63888>
- Further details on safe travelling are available here:
<https://www.transport.gov.scot/coronavirus-covid-19/transport-transition-plan/advice-on-how-to-travel-safely/>
- Also ensure you remain up to date with any travel advice or restrictions posted on the Scottish Government's website here:
<https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/getting-around/>
- If a club has access to a minibus or coach, these can be used providing all rules that apply to public transport are implemented, i.e. the use of face masks and maintaining 2m physical distance.

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



PLAN & PREPARE

- Clubs must be aware of their local authority COVID Protection Level and get information on what you can and cannot do at each level.
- You can check which COVID Protection Level your Local Authority is at here:
<https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/>
- Football specific guidance for each COVID Protection Level can be found at the Scottish FA Return to Football Hub:
<https://www.scottishfa.co.uk/football-development/return-to-football-hub/covid-protection-levels-guidance/>

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

- A COVID Co-ordinator/Officer to ensure that groups enter and exit the pitch / court correctly.
- Adhere to maximum number of individuals and recommended coach/player ratios at all times.
- 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 groups, e.g.:
 - Group A move to 'Red Zone'
 - Group B move to 'Green Zone'
- Anyone not participating SHOULD NOT congregate before, during or after a session.

PITCH SET-UP

- Coaches must ensure players avoid congregating at entrance and exit areas and other potential 'pinch points'.
- Outdoor pitches should be marked out into individual training areas. It is recommended a full size pitch is marked out in quarters, thirds or halves (example included).
- During organised training Under 18s 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.
- 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 / court before the previous group has vacated it and any remaining equipment is cleaned.
- Group members (players & coaches) should remain with the same group for the duration of each session.
- 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.
- To avoid congestion you could increase change over time between sessions.

FULL SIZED PITCH

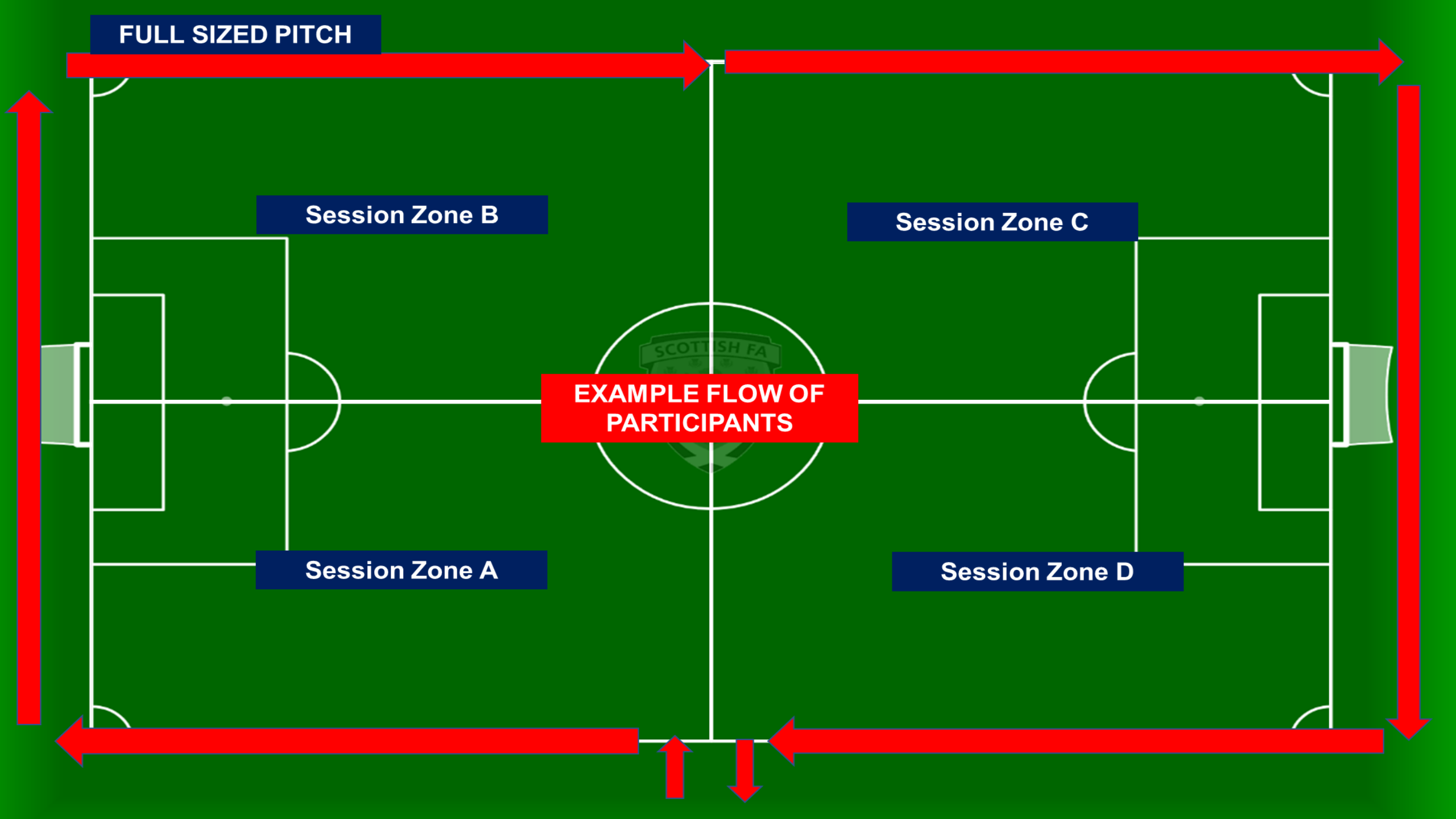
Session Zone B

Session Zone C

Session Zone A

Session Zone D

**EXAMPLE FLOW OF
PARTICIPANTS**



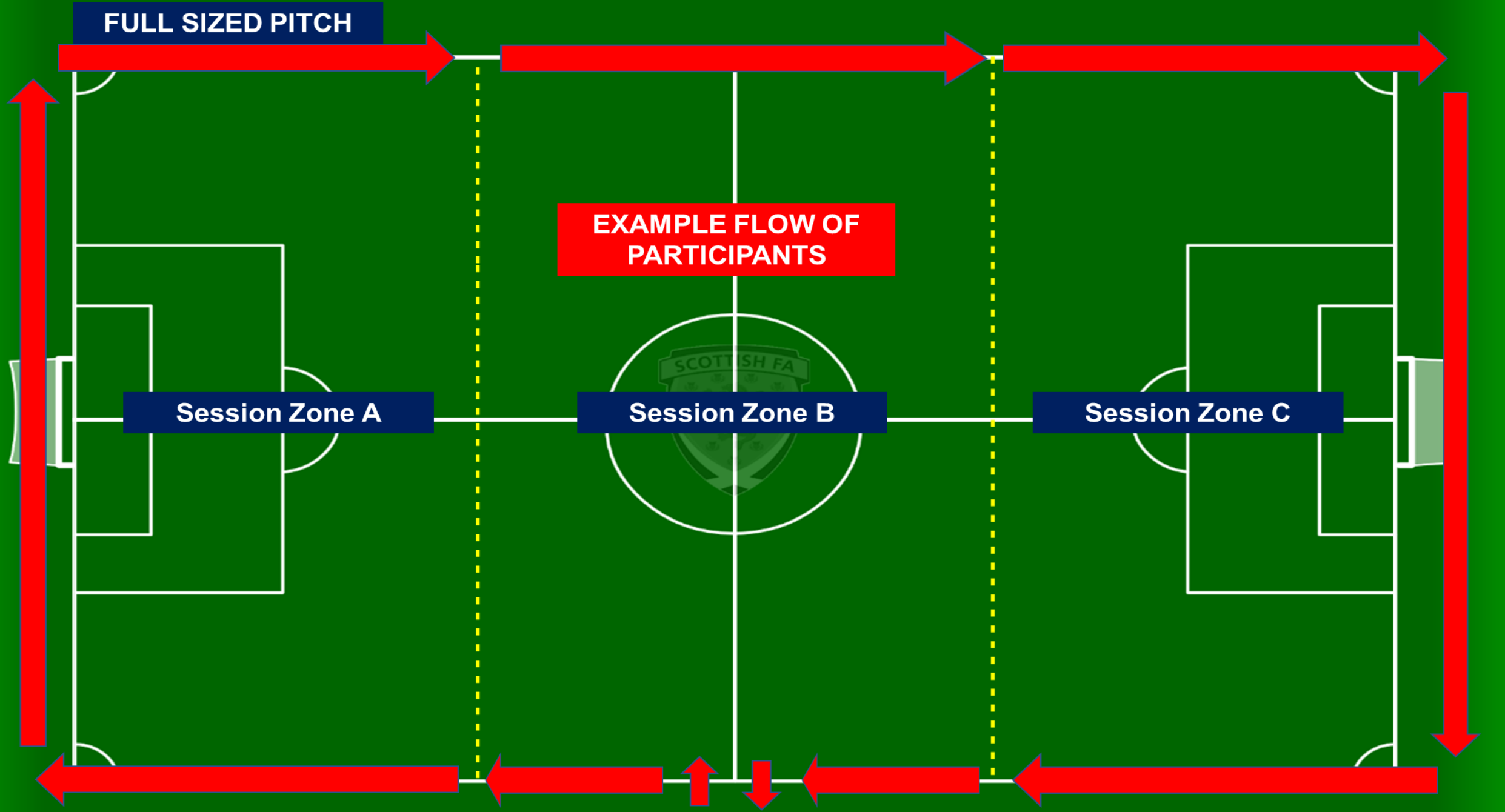
FULL SIZED PITCH

EXAMPLE FLOW OF PARTICIPANTS

Session Zone A

Session Zone B

Session Zone C



FULL SIZED PITCH

BUFFER ZONES

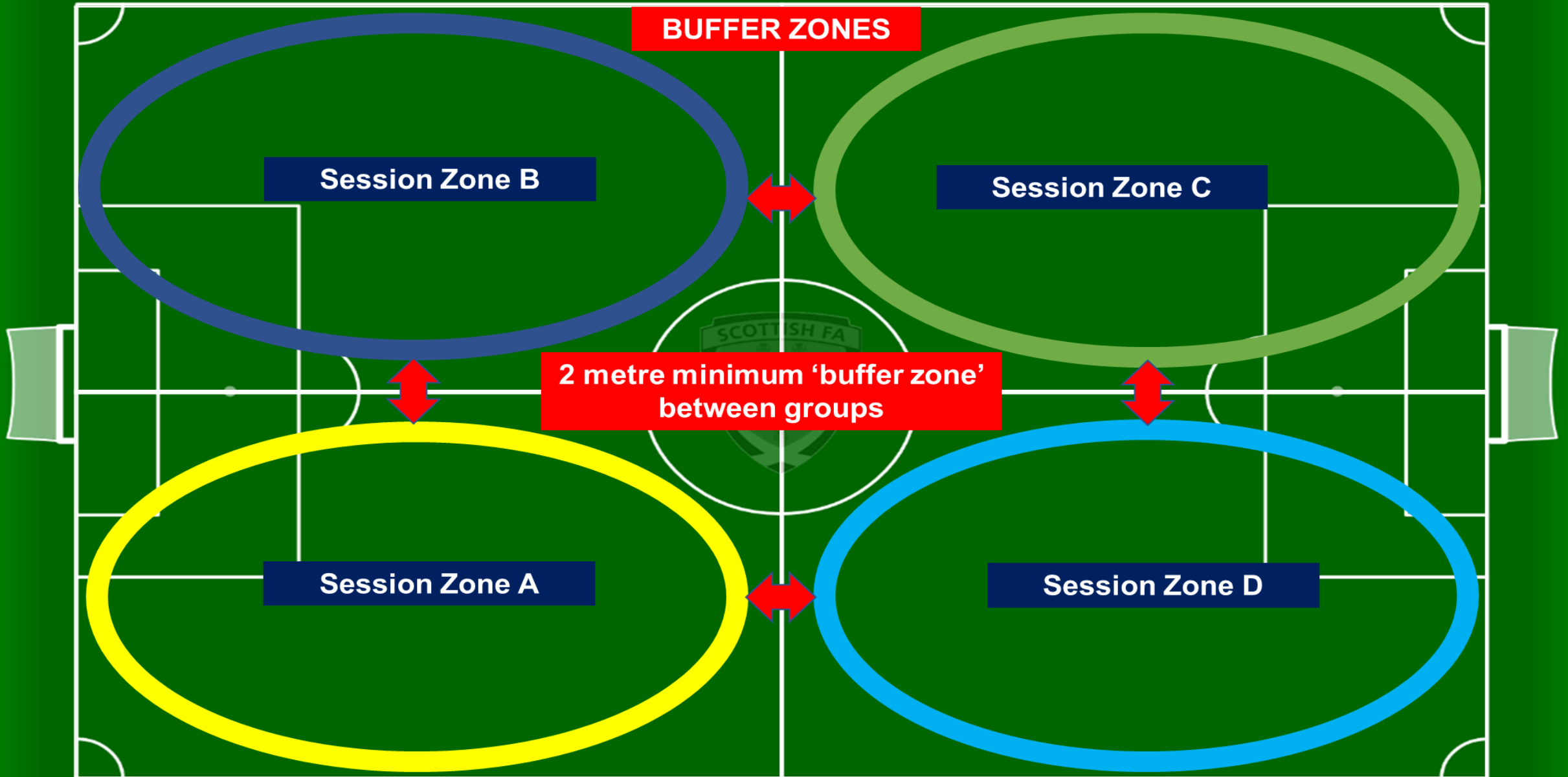
Session Zone B

Session Zone C

2 metre minimum 'buffer zone'
between groups

Session Zone A

Session Zone D



FULL SIZED PITCH

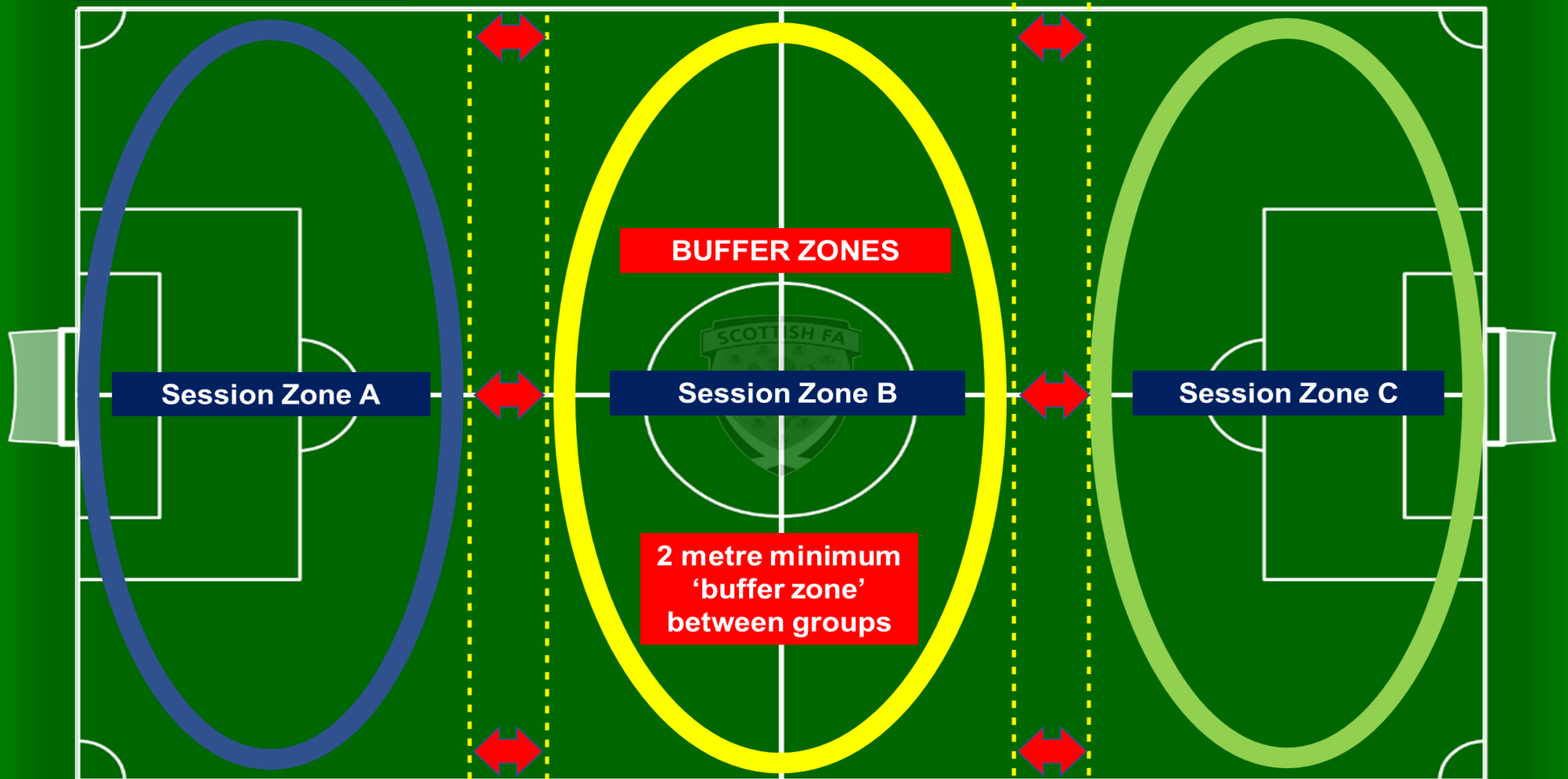
Session Zone A

BUFFER ZONES

Session Zone B

Session Zone C

2 metre minimum
'buffer zone'
between groups



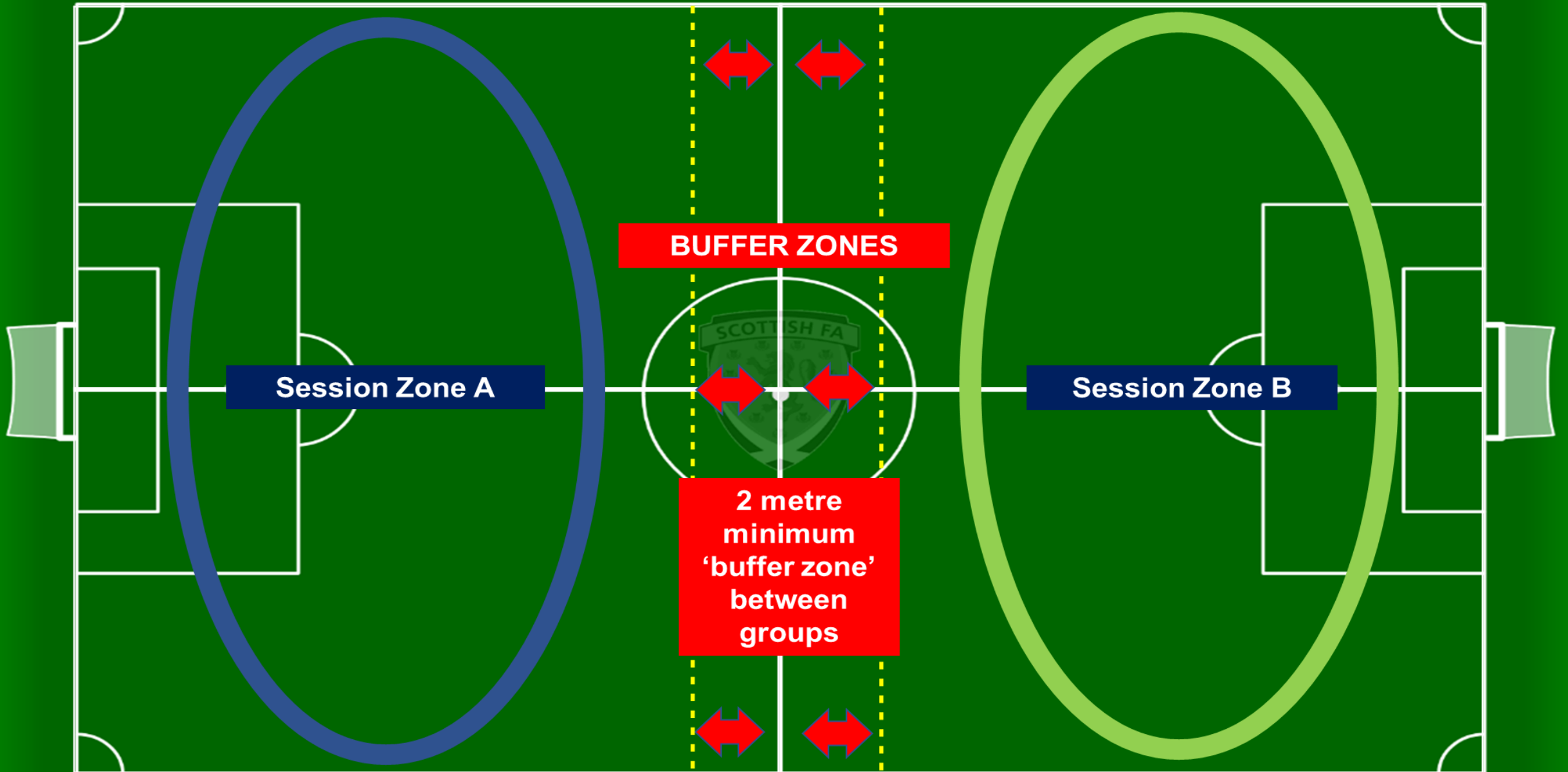
FULL SIZED PITCH

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

Groups must stay
within agreed training
area

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

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

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

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.
- Groups must enter the pitch / court and move directly to the designated area.
- All groups must clear the pitch 15 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 thirds of pitch & 7v7 Indoor Court)

Arrival Time	Training Time	Finish Time	Maximum group on full pitch <u>OUTDOOR (1/3 OF Pitch)</u>	Maximum group on <u>INDOOR (7v7 Court)</u>
4:45pm	5:00pm	6:00pm	<u>69</u> (Max 20 Players & 3 Coaches in one zone)	<u>23</u> (Max 20 players & 3 coaches)
6:15pm	6:20pm	7:20pm	<u>69</u> (Max 20 Players & 3 Coaches in one zone)	<u>23</u> (Max 20 players & 3 coaches)
7:35pm	7:40pm	8:40pm	<u>69</u> (Max 20 Players & 3 Coaches in one zone)	<u>23</u> (Max 20 players & 3 coaches)
8:55pm	9:00pm	10:00pm	<u>69</u> (Max 20 Players & 3 Coaches in one zone)	<u>23</u> Max 20 players & 3 coaches)

INDOOR SPECIFIC ACTIVITY

- Please remember: the following applies to INDOOR FOOTBALL ACTIVITY ONLY.
- INDOOR TRAINING: 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.
- Any club or facility provider should refer to sportscotland 'Indoor Sports Hall Operational Guidance' document: https://sportscotland.org.uk/media/6010/sports_halls_gyfffs_info_sheet.pdf
- During organised training, U18s 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.)
- 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, see here: <https://www.scottishfa.co.uk/football-development/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.
- 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

First Aid protocol
must be followed

2 metre minimum 'buffer zone'
between groups

To avoid congestion
increase change over
time between sessions.

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

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

ROLE OF THE CLUB



PLAN & PREPARE

- Ensure your club and ALL players and officials are registered with your Affiliated National Association.
- 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. COVID Co-ordinator role description can be found here: <https://www.scottishfa.co.uk/media/6480/covid-co-ordinator-role-description.pdf>
- 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 attends a short online sportscotland COVID Officer e-learning module. See here: (https://rise.articulate.com/share/gnk3qPoxD30r_1rmijUPJipuOksCwGs9#/).
- 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.
- Online payments for sessions should be taken if possible. If not, alternative measures should be put in place. Where possible avoid handling cash.

PLAN & PREPARE

- Ensure all officials have completed all relevant and appropriate appointment and selection procedures (including PVG scheme membership).
- Ensure there are enough first aid qualified officials and adequate first aid provision at all training sessions.
- Ensure appropriate PPE equipment is made available to each club team first aider.
- Communicate with all members to ensure they feel safe and ready to return to training.
- Complete risk assessments for indoor and outdoor return to training.
- Liaise with your insurers to check that you're covered for all activity offered.
- Communicate with coaches, players and parents to ensure they understand the new procedures to keep everyone safe.
- 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 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 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.
- 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 and to change at home if facilities are not available.
- 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. See here:
<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 21 days.
- 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.
- 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.
- 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.
- 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.
- It is encouraged where possible to train outdoors.

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'. See here: <https://www.scottishfa.co.uk/scottish-fa/wellbeing-protection/child-wellbeing-and-protection-policy/>
- 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 the appointment & selection procedures including completion of the PVG membership scheme via the relevant Affiliated National Association.
- Coaches/staff/volunteers involved in any football activity can only coach within their own club setting and with players registered to that organisation.
- 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 activities must be fully risk assessed in advance with the relevant club insurance in place.
- Coaches and instructors working with children should familiarise themselves with the additional considerations developed by **Children 1st**: See here: <http://www.sportscotland.org.uk/media/5774/cyp-return-to-sport-after-covid-19.pdf>
- More information on child wellbeing & protection for clubs can be found on the Scottish FA's Website. See here: <https://www.scottishfa.co.uk/scottish-fa/wellbeing-protection/information-for-clubs/>

ROLE OF COVID CO-ORDINATOR

This person should:

- Follow the COVID co-ordinator role profile as outlined on the Scottish FA 'Return to Football 'Hub'.
- 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 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 attends a short online sportscotland COVID Officer e-learning module.
(https://rise.articulate.com/share/gnk3qPoxD30r_1rmijUPJipuOksCwGs9#/).
 - 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 .
 - 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.
- 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 and 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 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 sessions.
- Ensure parent/carers are aware of the drop off and pick up times for training in advance
- Come to the football club in your coaching kit. Any dressing rooms will be closed. You CANNOT take a shower and please make sure that you have been to the toilet at home immediately before leaving for training.
- Bring your own water bottle clearly marked to ensure no sharing.
- Additional example activity sessions are available on the Scottish FA Return to Football Hub.
- 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: <https://www.scottishfa.co.uk/scottish-fa/wellbeing-protection/child-wellbeing-and-protection-policy/>

DURING TRAINING

- Make the sessions fun!
- During organised training U18s 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
- 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 here: <https://www.scottishfa.co.uk/media/6918/guide-for-gks-24-august.pdf>
- 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:
<https://www.scottishfa.co.uk/football-development/participation/childrens-youth-football/heading/>
- 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.
- 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, here: <https://www.scottishfa.co.uk/football-development/return-to-football-hub/adult-football/>

AFTER TRAINING

- Once all players 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 if contact time has been limited.
- 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.
- Groups of parents from different households MUST not congregate before, during or after the activity.
- Talk to your child about returning to training 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.
- 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.
- Keep the club up to date with any changes in your child's health by completing the appropriate consent forms prior to any activity
- To limit over-crowding, please bring your child to the training session on your own, following your club's advice on arrival and pick up 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. This applies before, during and after the session.
- Always follow club guidance from coaches, the COVID Co-ordinator / Officer or committee members.
- 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.
- Please note team first aiders can now administer full first aid.
- First aid protocols can be found on the Scottish FA Return To Football Hub.

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.
- 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.
- Where required tie your laces or ask a parent/carer to help.
- Put your belongings in your designated 'Players Area' (if applicable).
- Do not enter the pitch / court 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 going back to training, tell your parent/carer who can get any answers you need from your club.
- Regardless of your age you must to 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.
- Remember to have fun!

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 or facility 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