



Malpas & District Junior Football Club



Grounds: Malpas Sports Club, The Oxhays, Wrexham Road, Malpas, Cheshire
Bishop Heber High School, Farndon Community Field
www.malpasfc.co.uk

August 2020

Training Procedures and Information (Bishop Heber High School site)

The following procedures form a framework within which coaches will run sessions, it may be appropriate for coaches to adjust the procedures to account for different age groups and approaches may need to be adapted to account for specific circumstances, such as other users being present and / or updates to FA Guidance.

Before training

- Only players that have returned signed COVID Consent, Code of Conduct and Medical Screening Forms may take part in sessions.
- Coaches, volunteers, parents / players must not travel to training unless they have self-assessed and confirmed in advance of the session (ideally between 16:00 and the start of session) via the method agreed for their age group (e.g. Email / WhatsApp) that they (and anyone in their household / support bubble) are coronavirus symptom / infection free and they are fit to participate
- All players must bring usual kit including clearly labelled water bottle, hand sanitiser and face covering (and allocated ball and bibs (if applicable)).
- All players must bring any clearly labelled personal medication required (e.g. inhalers).
- It is preferred that lift sharing only takes place within an individual household / support bubble but it is accepted that this may not always be possible. Where lift-sharing does take place, the arrangements should follow the published FA Guidance; be communicated to and discussed with the relevant coach; and notified to the Club Welfare Officer in the usual way.

At start of training

- Coaches / volunteers must sanitise hands on entry to playing area.
- Coaches / volunteers must set up personal and shared equipment areas plus individual player's stations around edge of the pitch.
- Players will be not be allowed to play if self-assessment has not been received from their parents, or do not bring their own water bottle, hand sanitiser, face covering and allocated ball, and bibs.
- Players will be not be allowed to play if they do not bring any required personal medication (e.g. inhalers).
- Players must sanitise hands on entry to playing area.
- Players will not be allowed to enter the playing area until the coaches confirm that they are ready.
- Players should arrive shortly before training commences, should not congregate outside the playing area and it may be necessary for them to wait in vehicles.
- If applicable, players in age groups who have been allocated a dedicated ball and bib(s) are responsible for bringing them to every training session.
- A coach will maintain a record of players and spectators (as far as is reasonable) in attendance, to comply with Heber Leisure's T&Cs in relation to Track & Trace.
- Spectators can watch from outside of the playing area so long as social distancing guidance (e.g. groups of no more than 6 people, socially distanced by >2 m) is followed. There are no toilet facilities available for spectators and there is no access to the school buildings.
- No parents / other spectators are allowed inside the playing area except in an emergency, or with the express permission of the coach.
- Players may be allocated a station / area on the edge of the playing area; where they will store all their personal kit (including water bottle, hand sanitiser and face covering, and personal medication (if required) for the duration of the session.
- Players may be asked to wait on their station / area until the start of the session / otherwise directed by a coach.
- Coaches / volunteers / players must respect social distance requirements (>2 m) of other users of the playing area (e.g. when crossing pitches / retrieving balls etc).

During training

- Coaches will always maintain >2 m distance from others.
- Players will be asked to maintain >2 m distances wherever possible (i.e. during briefings / whilst waiting to participate in exercises).
- Coaches will select / design exercises to minimise close contact between players as far as is possible.
- No players / coaches / volunteers must spit, chew gum or shake hands.
- Players should avoid goal celebrations.
- Players should not share goalkeeping gloves.

- Shouting by players / coaches / volunteers to be kept to a minimum (and avoid doing so directly towards others).
- Players / coaches / volunteers should avoid handling balls as far as possible.
- Players should avoid touching shared equipment as far as possible.
- Coaches / volunteers should use hand sanitizer before / after handling equipment.
- Goalkeeping gloves; equipment and balls should be disinfected by coaches / volunteers during breaks in training.
- Players will be asked to return to their station / area at breaks in training for drinks breaks.
- Players should use hand sanitizer when returning to their station.
- Toilet facilities are available in main school building for players / coaches / volunteers only.
- If using the toilet facilities then players / coaches / volunteers must sanitise their hands before exiting and before returning to the playing area.

At end of training

- Parents are expected to be present at the end of the session and should remain outside the playing area (>2 m apart).
- All players may be asked to return / remain at their station until called by a coach.
- Players to take all items of personal kit / allocated equipment.
- Players must sanitise hands before exiting from playing area.
- Any shared equipment must be bagged and disinfected by a coach / volunteer.
- Coaches / volunteers must sanitise hands on exit from playing area.

First aid

- Coaches who are identified first aiders will deliver first aid in accordance with the prevailing FA Guidance including use of PPE (as provided by the Club) where social distancing (i.e. >2 m) requirements cannot be maintained.
- Current FA Guidance states that where CPR is required, rescue breaths should no longer be administered.
- Where possible first aiders will always maintain >2 m distances and encourage self-treatment / help.
- Parents (or member of a player's household bubble) may be required to assist in administering minor first aid.

Matches

Additional requirements for matches to be confirmed in due course.

Positive / presumptive coronavirus cases

Player notifies coach of any coronavirus symptoms during training or symptoms otherwise identified

- Player will be asked to return to their station / socially distanced area to self-isolate.
- A coach will be nominated to remain (>2 m) with the child until their parent returns, so long as they are comfortable to do so.
- The coach will ask the player to put on a face covering.
- The coach should put on their face mask and maintain a distance of >2 m from the player.
- The coach will, if required, call their parent who will be expected to return immediately and pick up their child.
- The coach will contact the emergency services in the event that urgent medical attention is required by the player and follow their advice, so long as they are comfortable to do so.
- The coach will advise the parent to follow NHS advice and let them know that the club can, if necessary, provide information for the NHS Test and Trace service should a positive coronavirus case be confirmed by testing.
- The coach will advise coaches / volunteers / parents that a player* who they / their child might have had had close contact with during football-related activity has returned a positive test and that they should follow NHS advice for this situation.

Coach or volunteer during training

- The individual will be asked to leave the playing area immediately along with anyone else in their household / support bubble (i.e. their own child).
- A coach will contact the emergency services in the event that urgent medical attention is required by the individual and follow their advice, so long as they are comfortable to do so.
- The coach will advise the individual to follow NHS advice and let them know that the club can, if necessary, provide information for the NHS Test and Trace service should a positive coronavirus case be confirmed by testing.
- The coach will advise other coaches / volunteers / parents that a coach* / volunteer* who they / their child might have had had close contact with during football-related activity has returned a positive test result; and that they should follow NHS advice for this situation.

Notified by parent / coach / volunteer after recent training / match about a presumptive coronavirus case

- The coach will advise other coaches / volunteers / parents that a coach* / volunteer* who they / their child might have had had close contact with during football-related activity has returned a positive test result; and that they should follow NHS advice for this situation.

Notified by parent / coach / volunteer after recent training / match about a positive coronavirus case

- The coach will provide contact information as required to the NHS Trace and Trace service.

*No individual player, coach or volunteer will be identified / named by the Club. All notifications will be anonymised to protect confidentiality. If the individuals concerned choose to release this information, then that is a matter for them.