

Bathgate Thistle CFC

Return to Football

Phase Three – Children and Young People
5 - 17 Years Old

This guideline document has been designed to help players, parents, coaches and all club officials safely return to football in Scotland as the country moves out of lockdown



PHASE THREE

CHILDREN AND YOUNG PEOPLE 5-17 YEARS OLD

COVID-19 UPDATE - GRASSROOTS RETURN TO TRAINING

The Scottish FA is delighted to release this guidance to reflect the Scottish Government's transition to Phase 3. This guidance is applicable to all affiliated member clubs and associations.

These 'Return to Training' protocols are applicable to Children and Young People only. Please note that the permitted activity for Adults is not the same.

Thank you for your ongoing support, patience and everything that you, your clubs and your community have contributed to make this happen.

PERMITTED ACTIVITY - RETURN TO TRAINING - CHILDREN AND YOUNG PEOPLE 5-17 YEARS OLD



PLAYERS

Contact training is permitted during the session



GROUP SIZE

Max 10 players - 2 coaches



COACHES

Stay two metres physically distant from players



SMALL SIDED GAMES

Within your own club only



MATCHES/FESTIVALS/EVENTS

Not permitted at this time

FACILITIES



OUTDOOR PITCHES



INDOOR PITCHES

PUBLIC HEALTH MESSAGES



Wash hands or sanitise before and after any activity

Please follow all relevant Scottish Gov Guidance

MENTAL HEALTH & WELLBEING

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

Stay in touch and please continue to look after one another



PROTOCOLS

Share your protocols with all members, including Test and Protect

COVID-19 WARNING

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

Have been unwell or had any flu-like symptoms

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

Have had any respiratory symptoms (even if mild)

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



Return to Training

Before we all return to the pitch please make sure you have read and understood all the updated guidelines for what the club have put in place for a safe return to training in line with SFA and government guidelines.

Within the following document you will find a bank of content that we hope will help you to create suitable sessions for working with your teams as we return and get back to football.

Whilst we are all keen to return to training the emphasis should be on fun and enjoyment and coaches should create sessions which as far as possible use limited equipment and maximise game time.

More information can be found on SFA Return to Football Hub
www.scottishfa.co.uk/football-development/return-to-football-hub/



Test and Protocols

If anyone who has attended 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 www.nhsinform.scot website.

It is ESSENTIAL that all teams keep an accurate register, including contact details, and is kept for EVERY session. This register should be held by both the appropriate COVID Co-ordinator and session head coach or secretary for the duration of lockdown. (Club Attendee Registers can be found and downloaded from the club website) www.bathgatethistlefc.co.uk/COVID

All club members should be aware of who the relevant COVID Co-ordinator is for the session, should they have to pass on their details to a member of the NHS Scotland Test & Protect team.

Note that it is not the responsibility of the Community 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.

Please note that the club is expected to be able to pass on contact details of all attendees should we 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. (Please seek guidance if unclear)



Health and Hygiene

IMPORTANT: All members should remember the following protocols:

Scottish Government advice remains that anyone with symptoms of COVID-19 should self-isolate for 7 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

Outside of club organised activities, 2 metre physical distancing must be adhered to by EVERYONE at ALL times.

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 or sanitise your hands afterwards for a minimum of 20 seconds.

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.

Avoid touching your face and ensure you clean your hands when you finish participating .

All coaching should take place outdoors – NO inside facilities are allowed to be used.

Only APPROVED club venue(s) can be used for official club training activity.



Club COVID Coordinator Role

Every club has had to appoint a COVID Coordinator to be available during sessions to assist players, coaches and officials and part of that role is to encourage everyone involved with the club to take collective responsibility and ensure all our guidelines are adhered to.

Due to the size of the club we have identified the following Coordinators to help cover all of our sessions and to act as the COVID Coordinator during this time:

Peter Graham

Paul Marr

Lorna Nicol

The COVID Co-ordinator will act as first point of contact for NHS Scotland Test & Protect staff in the event of any reported positive tests. However, all coaches must retain a copy of the register for every session they lead as back-up in the event of any admin issue. These may be requested at any time by the acting COVID Coordinator for compliance .

Please understand this is all very new to everyone so we appreciate everyone's patience and understanding throughout this period and this role is to act as support for all our members.



OFFICIAL CLUB ATTENDANCE REGISTER

1 of 3

Bathgate Thistle CFC Attendance Register (including screening)



Register of attendees (populate in advance if possible and one person administers at the session)

Team Name: _____ Age Group: _____ Person Running Session: _____

Activity: _____ Location: _____ Date: _____

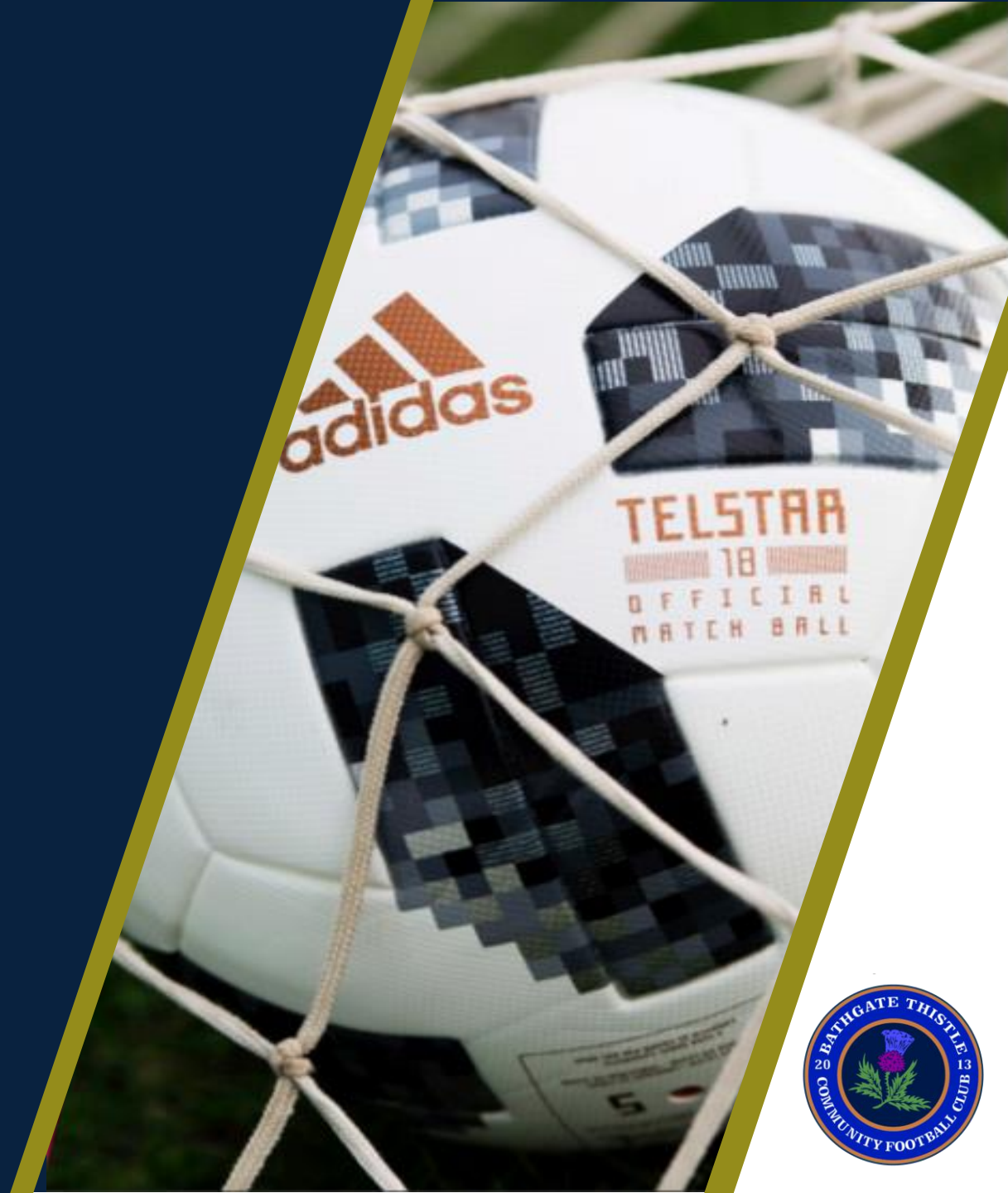
Arrival time	Depart time	Full name	Phone	Email address	Role i.e. coach/ participant/ chaperone/ volunteer	Emergency contact name	Emergency contact number	In the previous 14 days, have you: • Had any Coronavirus (COVID-19) symptoms? • Been in contact with any confirmed/suspected Coronavirus (COVID-19) case? • Travelled internationally?

Attendance information is collected in accordance with the Government Guidelines and information collected will be protected by club Privacy Policy.

Our advice is to pre-populate as much information before training and amend attendance as appropriate
Link copies of the form can also be found on the club website for download: www.bathgatethistlecfc.co.uk/COVID

ROLE OF THE COACH

What to do before, during and after football training?



Before Training

- Make sure that the activity is appropriate for the age and stage of player.
- Coaches must maintain accurate registers of attendees, times and dates. These should be shared with the appropriate COVID Co-ordinator to allow contact tracing if required and on request.
- Where possible, come to the football club on foot or by bicycle and avoid using public transport.
- Coaches who are shielding are not permitted to deliver at the current time.
- Coaches and volunteers over 70 years old and from 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.
- 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.



During Training

- Make the sessions fun!
- 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.
- 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 not allowed.
- 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 or committee members.
- Stay with your own group when several groups are active at the same time.



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 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.
- Please consider timing of your sessions and particularly the change over times to allow time for final inspection and others teams coming into train following your session if applicable.



ROLE OF THE PARENT/CARER

What to do before, during and after football training?



Before Training

- 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 should not congregate before, during or after the activity. (Please note only officials and players will be allowed inside the 3G areas at all times, unless emergency treatment is required from a parent or carer – Noted also on facility layout drawing)
- 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.
- 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 the club's advice on arrival time.
- Only bring your child to the football club for arranged training sessions.



During Training

- Always follow club guidance from coaches, the COVID Co-ordinator or committee members.
- Parents/carers will be encouraged not to spectate during training in order to ensure physical distancing measures for adults are maintained. This applies before, during and after the session. (If a parent or carer wishes to spectate this can be done outside of the 3G area as noted in the facility layout drawing)
- The club have indicated that drop off and pick up points should be either from the car parking area or for younger children the entry point to training.
- If you envisage your child may require support during a training session (e.g. no toilet facilities will be available), it is permitted to have one parent/carers present. (Note that physical presence would be from outside the 3G training area as per the layout drawing)
- 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. (Spectator areas are outside of the 3G area as per facility drawing)
- Please remember that only emergency first aid can currently be given directly by coaches. Otherwise guidance is for first aiders to assist “casualties” from a distance, supporting them to treat themselves.
- If your child would not be able to do this or you feel uncomfortable with this, please discuss with the coach or COVID Coordinator how you can safely stay close by to the training venue so you can come and assist if your child was to be injured.



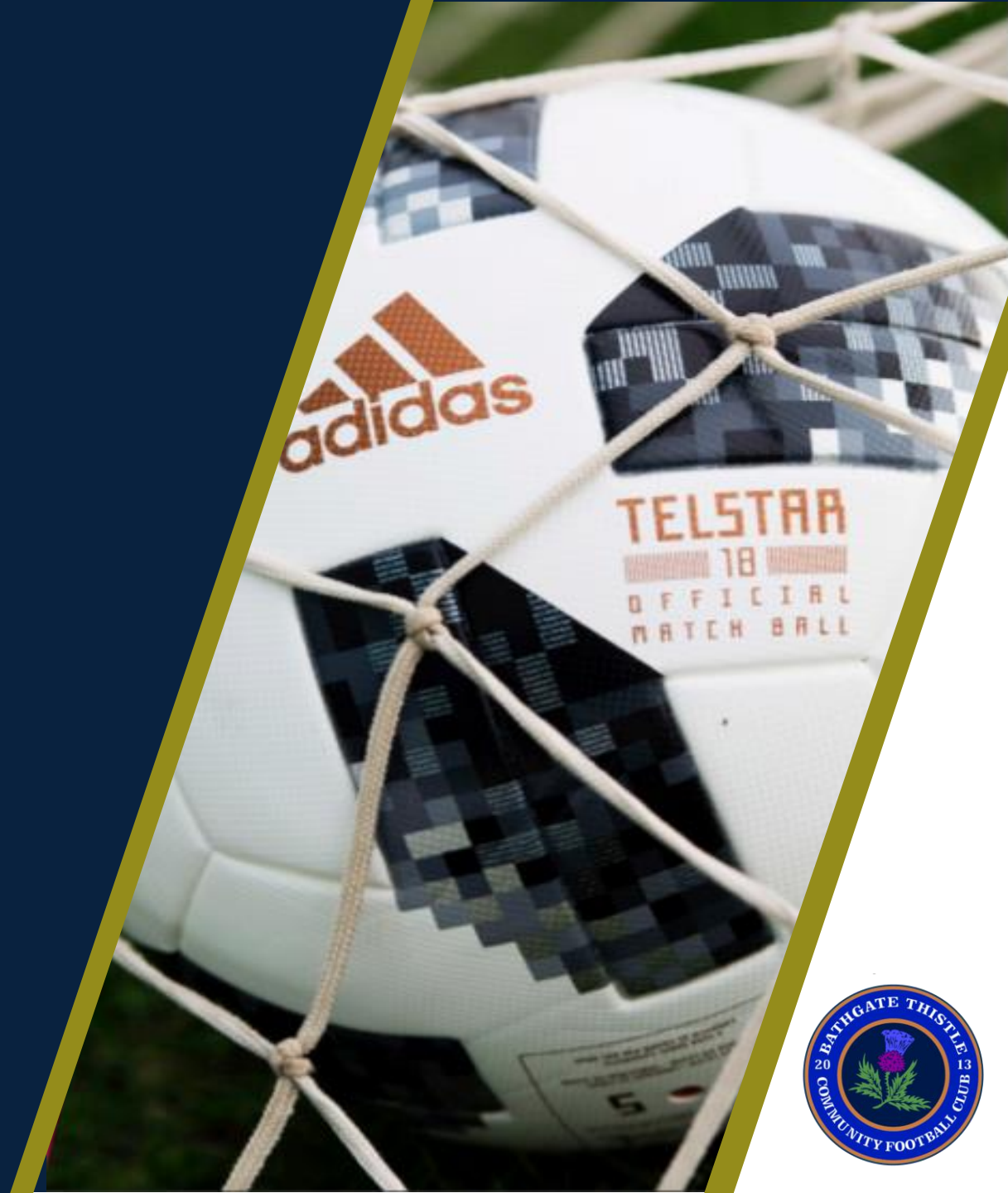
After Training

- 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 PLAYERS

What to do before, during and after football training?



Before Training

- If you are feeling unwell, let someone at home know and don't come to training.
- 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 possible)
- 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 before you are asked to do so by your coach or another club official.
- 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.
- Do not touch the footballs with your hands or head. All the activities that your coaches will do will give you lots of time with the ball at your feet.
- If you need to sneeze or cough, do so into a tissue or your elbow and use sanitiser. (your coach will be able to tell you where this is).
- When asked to do so by your coach, sanitise your hands using the 'Hygiene Station' provided by your team.
- 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 and only attend for arranged training sessions.
- Apply hand sanitiser.
- 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.



PITCH SETUP

How the training pitch or grass will be allocated into sections or areas and how to prepare

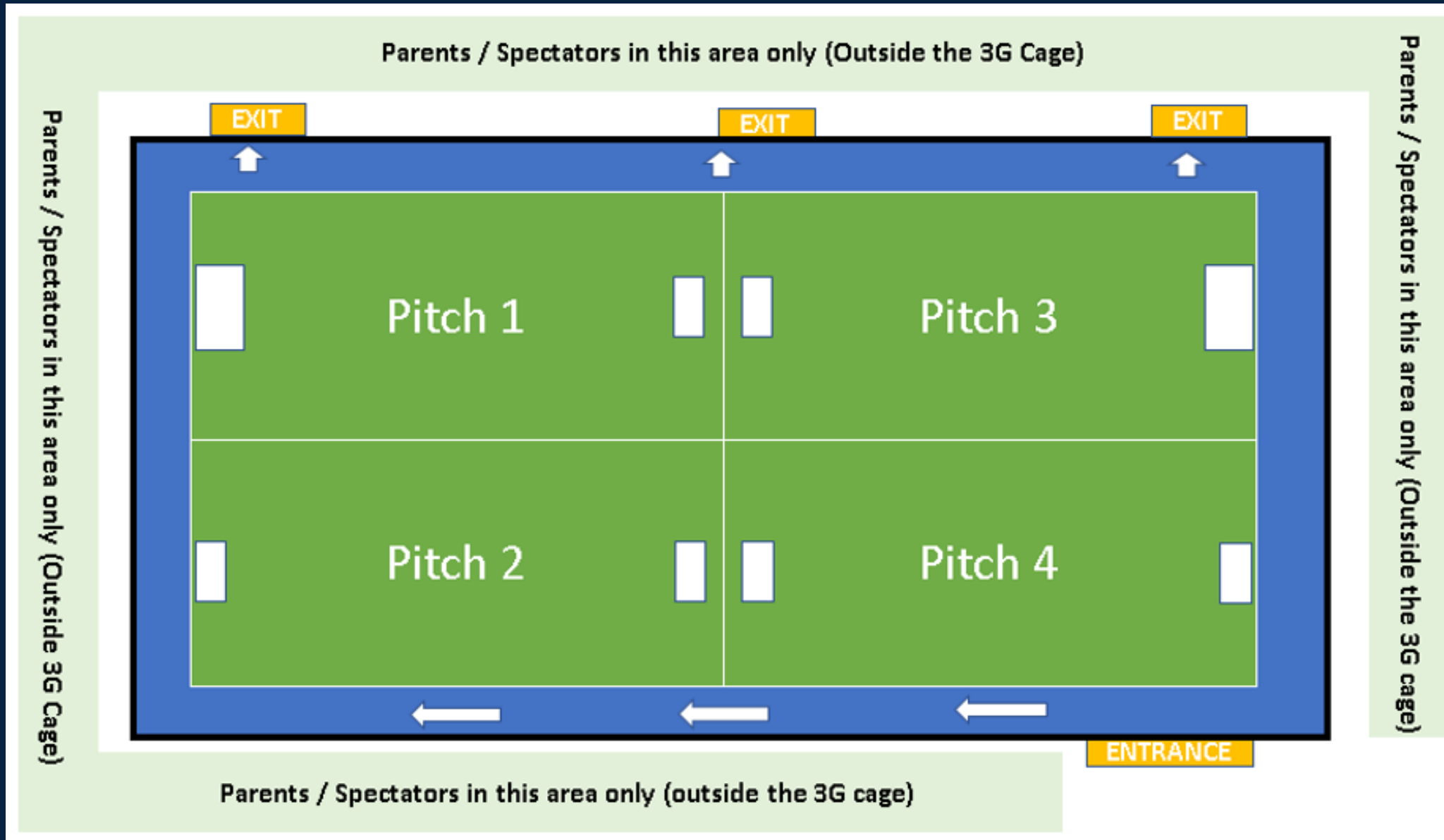


Pitch Setup

- Coaches must ensure players avoid congregating at gates and other potential 'pinch points'.
- The pitch should be marked out into individual training areas. The 3G pitch will be marked out in quarters (See diagram).
- The Recommended area size: $\frac{1}{4}$ of a full size pitch (10 players and 2 coaches max).
- 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.
- 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, and contact with players should be at reduced levels.
- Sessions will be shorter than usual to reduce potential exposure – e.g. (40 mins). This allows for safe entry/exit to avoid contact with other groups and offers every player a chance to play given the large number of teams we have.



Pitch Setup for 3G Facility



Pitch Setup for Grass Parks



Pitch Allocation and Times

Xcite 3G 1/4 segments								
Monday	Slot	Q1	Q2	Q3	Q4	Grass Pitch 1	Grass Pitch 2	cages
	5:30 - 6:10	2013	2013	2013	2013			
	6:10 - 6:30							
	6:30 - 7:10	2012	2012	2007 White	2007 White	2007 Blue	2007 Black	
	7:10 - 7:30							
	7:30 - 8:10	2011	2011	2011	2011	2003		
	8:10 - 8:30							
	8:30 - 9:10	2006 Red	2006 Red	2006 Black	2006 Black			
	9:10 - 9:30							
Xcite 3G (1/3 Segments)						2014 - full pitch from 18th August		
Tuesday	Slot	Q1	Q2	Q3	Q4	Grass Pitch 1	Grass Pitch 2	cages
	6:00 - 6:40	2014	2014	2014	2014			
	6:40 - 7:00							
	7:00 - 7:40	2009 Reds	2009 Reds	2008 Blues	2008 Blues			
7:40 - 8:00								



Pitch Allocation and Times

Xcite 3G (1/3 Segments)								
Wednesday	Slot	Q1	Q2	Q3	Q4	Grass Pitch 1	Grass Pitch 2	cages
	5:30 - 6:10	2010	2010	2010	2010			1 cage 2010 (6-6:40)
	6:10 - 6:30							
	6:30 - 7:10	2007 Whites	2007 Whites	2007 Blues	2007 Blues			
	7:10 - 7:30							
	7:30 - 8:10	2007 Black	2007 Black	2009	2009			
	8:10 - 8:30							
	8:30 - 9:10	2003	2003	2006 Black	2006 Black			
9:10 - 9:30								
Xcite 3G (1/3 Segments)								
Thursday	Slot	Q1	Q2	Q3	Q4	Grass Pitch 1	Grass Pitch 2	cages
	6:00 - 6:40	2011	2011	2011	2011			Girls (6-6:40)
	6:40 - 7:00							
	7:00 - 7:40	2008 Blues	2008 Blue	2006 Red	2006 Red			
7:40 - 8:00								
Xcite 3G (1/3 Segments)								
Friday	Slot	Q1	Q2	Q3	Q4	Grass Pitch 1	Grass Pitch 2	cages
	6:00 - 6:40	2009 red	2009 Red	2010	2010	2009 (9s pitch)		
	6:40 - 7:00							
	7:00 - 7:40	2010	2010	2010	2010			
7:40 - 8:00								

