

This note covers the requirements under which limited training sessions can take place, based on the government's *Guidance for the public on the phased return of outdoor sport and recreation in England*, and the FA's *Latest guidance on permitted grassroots football activity during Covid-19* – both issued on 1 June 2020.

## 1 RISK ASSESSMENT

Coaches must confirm that a risk assessment has been undertaken for all sessions in line with FA guidelines and the following rules and conditions. This confirmation should be sent to the Club Welfare Officer ([cwo@littletonjuniorfc.com](mailto:cwo@littletonjuniorfc.com)) and Chair ([fletchdownunder@gmail.com](mailto:fletchdownunder@gmail.com)) with the following:

1. Team name and age group (19/20 season)
2. Name of lead coach for the training session
3. How many groups of 5 players will be included and which other adults (with valid FA CRCs) are helping
4. Confirmation that all coaches and helpers have read the FA guidelines and LJFC rules (see Section 2)
5. Confirmation that parent consent has been obtained for all participating players (see Section 4)

## 2 RULES

- 2.1 Only registered players are permitted to take part in sessions for insurance purposes, with the club insurance policy running from 1 July to 30 June.
- 2.2 This means all players need to re-register on Pitchero for 2020/21 by 1 July 2020 for any session taking place from this date. We will communicate via the Littleton Coaches WhatsApp group when registration is open. NB: 2020/21 subscriptions have not been set but will be due 1 September 2020 (in full or first instalment).
- 2.3 If any coach, child or parent is feeling unwell or is symptomatic in any way, living in a household with a possible Covid-19 infection in the last two weeks, or classified as extremely vulnerable on health grounds, then they must remain at home and cannot take part in the sessions.
- 2.4 Sessions should focus on individual skills or fitness activities in groups of no more than six (including the coach), maintaining social distancing and keeping two metres apart.
- 2.5 Training sessions can be organised with multiple groups of five players (with each group having a coach) provided the groups are kept separate, everyone follows social distancing, and strict hygiene measures are in place with any equipment. Players should not switch from one group to another at any point during the session.
- 2.6 Physical contact with anyone outside of your household is not permitted, so any close contact, tackling, goalkeeping, or matches (small sided or full) are not permitted. Passing is possible if distancing is maintained. Example training drills will be added to the Resources section on the LJFC website to help with session planning.
- 2.7 Sharing of equipment should be kept to a minimum and strong hand hygiene practices should be in place before and after the session. Players should avoid handling the ball. If any equipment is handled by more than one person, they should wash their hands immediately after, taking care not to touch their mouth/face.
- 2.8 Any additional needs should be catered for whilst still avoiding physical contact and maintaining social distancing.

## 2 RULES CONTINUED

- 2.9 A parent or guardian must remain present for each player throughout the session. They must administer first aid in the event of an injury to their child, oversee any additional needs, and provide close assistance (e.g. tying laces). This also ensures safeguarding requirements are met.
- 2.10 A coach or first aider can provide guidance to a parent giving first aid to their child but must maintain social distancing. In a medical emergency requiring the two-metre rule to be broken, mask and gloves must be worn. Single-use gloves and masks should be disposed safely.
- 2.11 The coach must ensure necessary medical equipment is available in advance – including gloves, mask, anti-bacterial wipes / gel. These will be funded by the club through expenses.
- 2.12 Players must bring their own water bottles and hand sanitiser. They must be clearly labelled and dispersed to prevent players coming together.
- 2.13 Confirmation of acceptance of the conditions is required from a parent or guardian for all players wishing to join a training session, the coach is responsible for ensuring these are completed and must confirm that these are in place for all players in advance of the session.

## 3 PITCHES/LITTLETON REC

- 3.1 Littleton Rec should be used where possible. Other club venues are not expected to be available and general public spaces should be avoided for session control purposes.
- 3.2 Pitch allocations for Saturdays and Sundays will be made for all age groups.
- 3.3 The club's online pitch booking sheet should be used for other times.
- 3.4 Social distancing rules should be observed at all times on site, including arrival and departure.
- 3.5 Car sharing to and from training is not permitted
- 3.6 Participants should arrive shortly before the session starts and depart promptly when it ends.
- 3.7 All sessions should be no longer than 1 hour (including set-up and clearing down). There should be 30min between sessions, allowing one group to leave before the next arrives.
- 3.8 Team discussions are permitted if distancing is maintained but must be within the allotted hour.
- 3.9 The pavilion will be out of bounds and toilets will not be available, so worth advising parents and players to use the toilet before leaving home.
- 3.10 All rubbish should be disposed safely and coaches should ensure that nothing is left behind at the end of the session.

## 4 CONSENT

The Training Guidelines summary for Players and Parents should be shared to ensure that the protocol is understood. Parents or guardians must also provide consent by email or WhatsApp to the manager or coach as follows:

*“Hi [coach name], I have read the Training Conditions outlining the current plan for LJFC training during Covid-19. I consent to you training [player's full name] during this period. I will remain present during the training sessions and understand that I may be required to administer first aid for any minor injury to my child. We will adhere to guidelines around social distancing as instructed.”*

No player should take part in training if the coach or manager has not received this confirmation.