

Earls Barton United FC

Return to contact training and matches procedure for coaches.

Whilst Earls Barton UFC will make every effort to minimise risk from the infection and spread of Covid19, it is the coach's responsibility to ensure that all contact training and fixtures sessions are as safe as possible from infection and the spread of the virus. Below are the risks associated with putting on a training session or a fixture and the mitigation measures required to minimise the risk.

If in doubt, do not proceed - ask the Covid office (Beverley Motley beverleysian@hotmail.com) for advice!

The football community now has the opportunity to return to football and prepare for the start of the new season. The FA guidance states that;

- Football activity can take place with necessary modifications in place to mitigate the transmission risk of COVID-19.
- We would strongly recommend a phased return to competitive football activity as follows:
- When ready, you can begin competitive training, with the overall group size (inclusive of coaches) being limited to 30 people;
- From August 2020 Competitive matches to begin, for example pre-season fixtures, festivals and small sided football competitions;
- From September – Grassroots leagues, men's National League System, Women's Football Pyramid tiers 3 to 6, and FA Competitions can commence

Important Notes Prior to Resuming Contact Training Sessions or Matches

- 1) **Coaches MUST read and understand the FA Covid19 Guidance on Re-starting Outdoor Competitive Grassroots Football in addition to the latest Government guidance on COVID-19 prior to arranging and undertaking any contact training sessions or fixtures.**
- 2) **Coaches are encouraged to communicate with players, parents and guardians to ascertain the individual needs of each player and whether contact training and matches are suitable in each case. Players with shielding relatives or other areas of concern may not be comfortable with a return to contact training sessions or matches. If this is the case every effort must be made to provide where possible sessions that are inclusive of the needs of these individuals as not to have them disadvantaged. This could include smaller group drills adhering to social distancing, individual drills or a combination of contact and socially distanced drills where an individual can take part while still maintaining the appropriate level of precaution.**

What do you need personally to attend a training session or a fixture in a holdall for your use?-

1. Disposable or washable gloves
2. Disinfectant cloths
3. Bin bags
4. Drinks bottle filled from home is preferable
5. Insect repellent if needed
6. Tissues for nose and saliva
7. Sanitiser
8. Register of attendees

What should be at the ground for yours and general use: -

1. Liquid soap
2. Paper towels
3. External washing area
4. General signage

Equipment you are going to use in your session: -

1. First aid kit
2. Pump
3. Whistle

You must avoid sharing equipment. if you use something out of the store or borrow from another coach you need to sanitise before and after use!

Equipment your players going to use:-

1. Footballs
2. Cones/coytes
3. Bibs

Remember...! Shared equipment should be kept to a minimum or avoided entirely where possible and should be santised regularly and between use.

Remember...! goalkeepers cannot share or borrow gloves. They catch the ball close to the face and thus droplets will come from them onto the ball but also anything on a ball will come close to their face. Goalkeepers should sanitise their gloves regularly through a session or a fixture

Risks and mitigation measures associated with contact training and fixtures undertaken at home venues.

Phase 1 - Unlocking

Who has been at the venue before you? Do you know how safe they have been? **Answer is NO**

Operation	Risk	Mitigation	Risk after mitigation
Unlock the Gate	Hard surface contamination	Sanitise lock Wear gloves (do not enter car with gloves on) Sanitise hand before and after	Risk is minimal if any of the 3 steps are followed
Vehicle parking	Aerosol spread	Park 2m from others	Minimal
Unlocking rooms	Hard surface contamination	Sanitise keys and handles Wear gloves (do not enter car with gloves on) Sanitise hands before and after	Minimal
Water	Legionella	Avoid use for drinking	Nil
Water	H.S.C.	Sanitise	Minimal
Defibrillator use	Aerosol and HSC	Check PPE bag attached	High Risk
Health & Safety	Non- compliance	Check signage is in place	Medium risk
Health & Safety	Un-authorized access	Secure all locked buildings except defib or move defib to external area	Minimal
Welfare - Toilets	Aerosol and HSC	Toilet areas to be cleaned and sanitised before and after a session	Low
Health & Safety	Aerosol and HSC	Ensure wash down area is compliant	Medium Risk

Tea hut to be opened only for access of defibrillator. Remember to check for the green tick, there should be gloves, razor, mask, face guard and gown in an unopened bag.

Phase 2 setting up

Operation	Risk	Mitigation	Risk after mitigation
Taking out Kit you need	H.S.C and aerosol	Sanitise when putting in the bag after each use	Minimal
Sharing equipment	H.S.C	Sanitise before and after use	High Risk
Player equipment	Aerosol	Set areas out 2.5m apart maybe discs with numbers on	Medium Risk
Training Sessions	H.S.C and aerosol	Carefully plan and set out sessions to minimize or avoid cross contamination	Low
Track and Trace	Increased R rate	Record attendees and issue to Covid Officer All attendees at matches to be recorded -this includes, parents, officials, players and coaches – issue to Covid Officer asap	NIL

It is mandatory to have a list of attendees with date and time and contact number and these lists to be sent to Covid officer as soon as possible. Under Trace and Track if someone becomes unwell with covid-19 symptoms the tracker needs to be able to access who was at the session.

There is a register for coaches and players at training sessions and a separate register for all attendees at matches. Both need to be forwarded to the Covid Officer as soon as possible.

Phase 3 Training sessions

Operation	Risk	Mitigation	Risk after mitigation
Player Arrival	Unsupervised players	Players to stay in their cars until asked to come over	Low
Player arrival	H.S.C and aerosol	Sanitise on arrival 1 at a time with spacing of 2m	Low
Player Arrival	H.S.C and aerosol	No non- players in the training area, parents to remain well away from the players and socially distanced	Low
Player equipment	Aerosol	Supervise to required area	Low
Induction and register	H.S.C and aerosol	Carefully explain rules etc. and remind them of what is expected	Low
Check wellness of players	Increased R rate	Watch for signs and symptoms. Players must sign Covid free form	High Risk
Understanding of session	H.S.C and aerosol	Explain in more detail than usual, use a board and demonstrate (3 ways to learn)	Low
Footballs	H.S.C and aerosol	Limit balls and ensure they are sanitised regularly and at appropriate times after the ball has left the field of play. Consider alternatives to throw ins such as play the ball into play with feet. If throw ins are being used sanitise after each throw in. Avoid use of hands generally to retrieve or place into position i.e. Goal kicks, free kicks etc.	Medium Risk
Bibs	H.S.C and aerosol	Provide bibs to take home so they have their own	Minimal
Bibs	H.S.C and aerosol	Provide Bibs using a clean glove then ask them to leave on grass, collect into a sealable bag and wash on 70 degrees	Medium Risk
Cones and Coyts etc.	H.S.C.	Nobody to touch so if moved - leave only coach can touch. If they do, they must wash hands immediately and item.	Low
Drink breaks	H.S.C and aerosol	Everyone must stop and sit in their area with their kit until called back out	Low

Intense exercise	Aerosol	The spread of airborne droplets is greater and spacing should be greater. A Cough travels 6m+	Medium Risk
Practice Matches and drills in training	H.S.C	Goals, corner flags and equipment being utilised should be cleaned and disinfected before use, during a session at appropriate times and after use before storing away. Consider stoppages at intervals to sanitise equipment.	Medium Risk
Practice Matches and drills in training	Contact and Aerosol transmission	The guidance on Covid 19 modifications in matches and training should be considered and adhered to. No handshakes, goal celebrations or team huddles, team talks, coaching and preparation of substitutes and activities on the touchline should adhere to social distancing	Low
Practice Matches and drills in training	Contact and Aerosol transmission	Social distancing should be adhered to during stoppages in play. Set plays such as free kicks and corners should not be prolonged in order to mitigate the time players are in close proximity such as when marking or in defensive walls. Consider a time limit of 4-5 seconds for the taking of set pieces. Goal posts to be santised regularly.	Medium Risk
Personal Hygiene Sneezing, Coughing, spitting	Aerosol	Catch it, Bin it, Kill it regime must be in place. E.g. If someone has hay fever a stricter regime will need to be in place. Anyone caught spitting needs to be warned then removed.	High Risk
Leaving	H.S.C and aerosol	Everything to stay in place unless it is theirs to take away	Low
Leaving	Increased R rate	Wash hands for 30 seconds 1 at a time and 2m apart in line then supervise to parents. Take all possessions including rubbish. Sanitising is acceptable but not as effective	Low
Leaving	H.S.C and aerosol	Ensure everyone makes a prompt exit before next group arrive	Minimal

Phase 3a Matches (all Phase 3 applies plus the following)

Operation	Risk	Mitigation	Risk after mitigation
Arrangement of Fixture	Opposition unaware of EBUFC venue policy and layout	When a fixture is arranged the Coach should contact opposition Manager and advise and issue layout and policy of the home venue and request this information is cascaded to others who may attend in order to ensure awareness	Low
Safety Briefing	Virus transmission risk through non-compliance of guidance.	A safety briefing will be carried out by coaches (document will be provided) to ensure all attendees are aware of the rules and regulations of matches under the new Covid guidance. The Briefing MUST include opposition Players and Coaches Ensure opposition are aware of this requirement and willing to partake. If this is not the case the fixture should not take place.	Low
Attendance Register	Virus transmission through positive test.	All attendees need to provide contact details to allow Track and Trace to take place in the event of a positive case. All attendees must sign a Covid free form Ensure opposition are aware of their responsibility in this regard prior to the fixture. Opposition register should be provided. If this is not the case the fixture should not take place.	Low
Use of Goals and equipment	Contact and Aerosol transmission	Goals, corner flags and equipment being utilised should be cleaned and disinfected before use, during half time and after use. utilise breaks in play to sanitise regularly. Consider set intervals for sanitising such as dividing the game in quarters where possible.	Medium Risk
In game	Contact and Aerosol transmission	The guidance on Covid 19 modifications in matches and training should be considered and adhered to. No handshakes, goal celebrations or team huddles, team talks, coaching and preparation of substitutes and activities on the touchline should adhere to social distancing	Low

In game	Contact and Aerosol transmission	Social distancing should be adhered to during stoppages in play. Set plays such as free kicks and corners should not be prolonged in order to mitigate the time players are in close proximity such as when marking or in defensive walls. Consider a time limit of 4-5 seconds for the taking of set pieces. Goal posts to be sanitised regularly.	Medium Risk
Non-playing time	Virus transmission risk	When not involved on the field of play, players and coaches must always continue to socially distance	Medium Risk
Changing, Showering and use of toilets	Virus transmission risk	Where possible players, coaches and officials should arrive changed and shower at home. Changing facilities will be closed unless specifically required for safeguarding. Ensure opposition and officials representatives are aware of this fact prior to the fixture	Low

Risks and mitigation measures associated with contact training and fixtures undertaken at away venues.

When partaking in fixtures away from EBUFC home venues identical mitigation measures as explained above should be undertaken at the away venue. There is added risk when attending away venues due to reduced familiarity of the venue and the operating procedure of opposition club concerned. Therefore, the additional measures highlighted below should be considered and adhered to when travelling to away venues.

Phase 3b Matches Away Venues (all Phase 3 & 3a applies plus the following)

Operation	Risk	Mitigation	Risk after mitigation
Arrangement of Fixture	EBUFC club coach and members unfamiliar with venue opposition club policy and layout	When a fixture is arranged the EBUFC Coach should contact opposition Manager and request information on relevant details of the venue and the Club policy regarding the FA guidance and request details if required. Important information for players and parents should be cascaded prior to the fixture such as layout, parking information, arrival time etc.	Low
Travelling to away venues	Virus transmission	Participants and coaches should adhere to the guidance and	Low

		should avoid travelling with others outside of their household or support bubble.	
Safety Briefing	Virus transmission risk through non-compliance of guidance.	A safety briefing should be carried out by the opposition representative to ensure all attendees are aware of the rules and regulations of matches under the new Covid19 guidance. Coaches should ensure this takes place prior to kick off. If this is not the case the fixture should not take place.	Low
General Consideration of guidance by opposition club and spectators at away venues	Non-compliance of guidance by host club and its players, spectators and representatives	As a coach you should not be put at risk and have a responsibility to minimize the risk to your players. If the host club do not appear to follow the guidance you have the right and it is recommended to abandon the fixture.	Low

Phase 3c Incident or accident or unwell player.

In the times of Covid19 it will be down to individual coaches to decide how they wish to respond to an injury e.g. head, broken bone or Cardiac arrest etc. To help protect you we have asked the players parents to stay on site. For adults it is a tougher choice and if you do not wish to get involved then call the appropriate emergency service or assistance. This is where you will need a list of emergency contacts.

You are under no obligation to put yourself at risk as a volunteer coach.

Non-Compliance

Ask all players to return to their bags and sit and wait, supervise them with your additional volunteer. Ensure social distancing on their movements. Follow the guidelines below. Record the incident.

Ladder of Consequences for U6-U11

At Earls Barton United FC. we understand that it will take a little time for players to learn, adapt to and secure the new behaviour expectations. We will therefore assess each non-compliance on an individual basis before judgement is made. Level 1 will offer a polite reminder to all players. However, if non-compliant behaviour is with intent and/or persistent, then the Ladder of Consequences will not be followed and Level 3 will be instigated immediately.

Level	Consequence
1	Initial expectation setting / reminder, individually or as group.
2	Orange Level: Final warning – name written on the behaviour register. If behaviour persists – proceed immediately to red due to risks posed to others
3	Red Level – Player is returned to the parent/carer and asked to leave. A discussion will be held between the coach and parent/carer as to whether the player is able to return in future sessions

Consequences for Secondary school and adults

At this age group we expect the player to fully understand and step into the new rules without any need for the Level 2. If the non-compliant behaviour is with intent or persistent then Level 2 should automatically be enforced.

Level 1 will be re-enforced for an unintentional non-compliance.

Level	Consequence
1	Initial expectation setting / reminder, individually or as group.
2	Red Level – Player is returned to the parent/carer or asked to leave. A discussion will be held between the coach and parent/player on whether the player is able to return in future sessions

Accident or injury

Ask all players to return to their bags to sit and wait.

Supervise them with your additional volunteer.

Ensure social distancing on their movements.

If the player needs attention call over the parent if it is a child or emergency contact

Follow normal safeguarding principles

If you attend to the injury put on the appropriate PPE as government guidelines for clinical attendance.

Sickness

Call over Parent/Carer to ask them to attend as normal. If an adult ask them to leave.

Covid 19 symptoms

- Individual is isolated in a designated area, supervised by a club member wearing PPE.
- Parents are called over to collect the child immediately.
- Parents need to arrange for a Coronavirus test immediately. The child will not be able to return until the outcome of the test is known (if positive, quarantine periods apply – included in the Government guidelines).
- We will notify other families that a player is being tested to enable them to stay vigilant.
- In the event of a positive test result, we will notify everyone present at the training session or match as well as informing the NHS Track and Trace service. We will take advice and you may then be required to self-isolate for 14 days
- Note if a coach shows symptoms during the session the above will apply however either the session will stop if insufficient cover.
- The Covid Officer must be notified immediately

Phase 4 High Risk Do not take the virus home with you

Wash hands & sanitise first, then put on gloves

When leaving site ensure you sanitise wherever and whatever has been in contact with people.

If you are not using your equipment for over 3 days & you can leave away from where anyone can touch it and the virus should die. However, sanitising is still the best policy.

Ensure taps are isolated and soap etc is put away

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Sealed bag all waste and put in the wheelie bin

Lock up and close the gate

Ensure on locking the gate you re-sanitise

Clean your steering wheel, hand brake, handle and indicator etc.

On arriving at home remove clothing by the door and put straight into the washing machine along with bibs

At the end of the day you are volunteers and our job is to coach football and mitigate risks. If after reading the above you believe that you feel at risk/vulnerable or have vulnerable people at home then nobody is asking for you to do something you do not feel comfortable doing.

Do not bow to peer pressure or parent power.

If you have any concerns discuss it with the Covid officer beverleysian@hotmail.com