



Back FRC All-Weather Pitch Training Protocols

IMPORTANT INFORMATION REGARDING COVID-19.

Coaches are responsible for the safety of the players and should be fully aware of the club's policies and those of any venue(s). The football club will be expected to be able to pass on contact details of all attendees should they be asked by a member of staff at the facility or match venue or a member of the NHS Scotland Test & Protect team.

Data protection laws allow for the sharing of personal data where this is necessary, for certain permitted purposes, such as in the interests of public health. Disclosing relevant contact details to a member of the Test & Protect team will not be a breach of the GDPR.

If you have any questions or concerns, contact Louise on 07375 140768 or louise.backfrc@gmail.com

Before training:

- Ensure that you have read up-to-date SFA guidance and understand the requirements of coaching with COVID restrictions.
- Complete safety checks well in advance to assess whether it is safe for training to go ahead. For example, if the ground is very icy, should you spread grit or call the session off?
- Pin all necessary entrance doors open to reduce the transmission risk via high traffic touch points (door handles).
- Ensure that a hygiene station is accessible as you walk in and walk out, as well as either side of the pitch.
- Clearly communicate the rules to players in advance.
- There must be no changing on arrival. Players must come in their playing kit ready to play.
- Provide a 'Players' Area' for them to leave their jackets or bottles (clearly marked to ensure no sharing). Players should remain in their allocated zone and not cross between bubbles to collect items.
- 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.
- Coaches/COVID Officers must maintain accurate registers of players, times and dates. These should be shared with the appropriate COVID Coordinator to allow contact tracing if required.

Arrival and Car Parking:

- There are no changing facilities. All parties must come fully prepared and ready to play.
- Coaches can park at the brick wall facing the grass pitch (nose right up to the wall).
- Parents/carers can drop their child off at the cones in front of the white double gates (West Gate) following our drop-off plan (please see Page 3).

Parents/carers must remain in their cars and continue in a clockwise direction past the pick-up point and back out the main car park entrance.

- Parents/carers are not permitted to enter the facility. Spectating is not permitted.
- Following the one-way system, enter via the West Gate and walk round to the all-weather pitch (AWP) and enter via the first single door on the left.
- All parties must sanitise their hands on entering and exiting the facility.
- All parties must maintain 2m Social Distancing on route to and upon leaving the AWP.

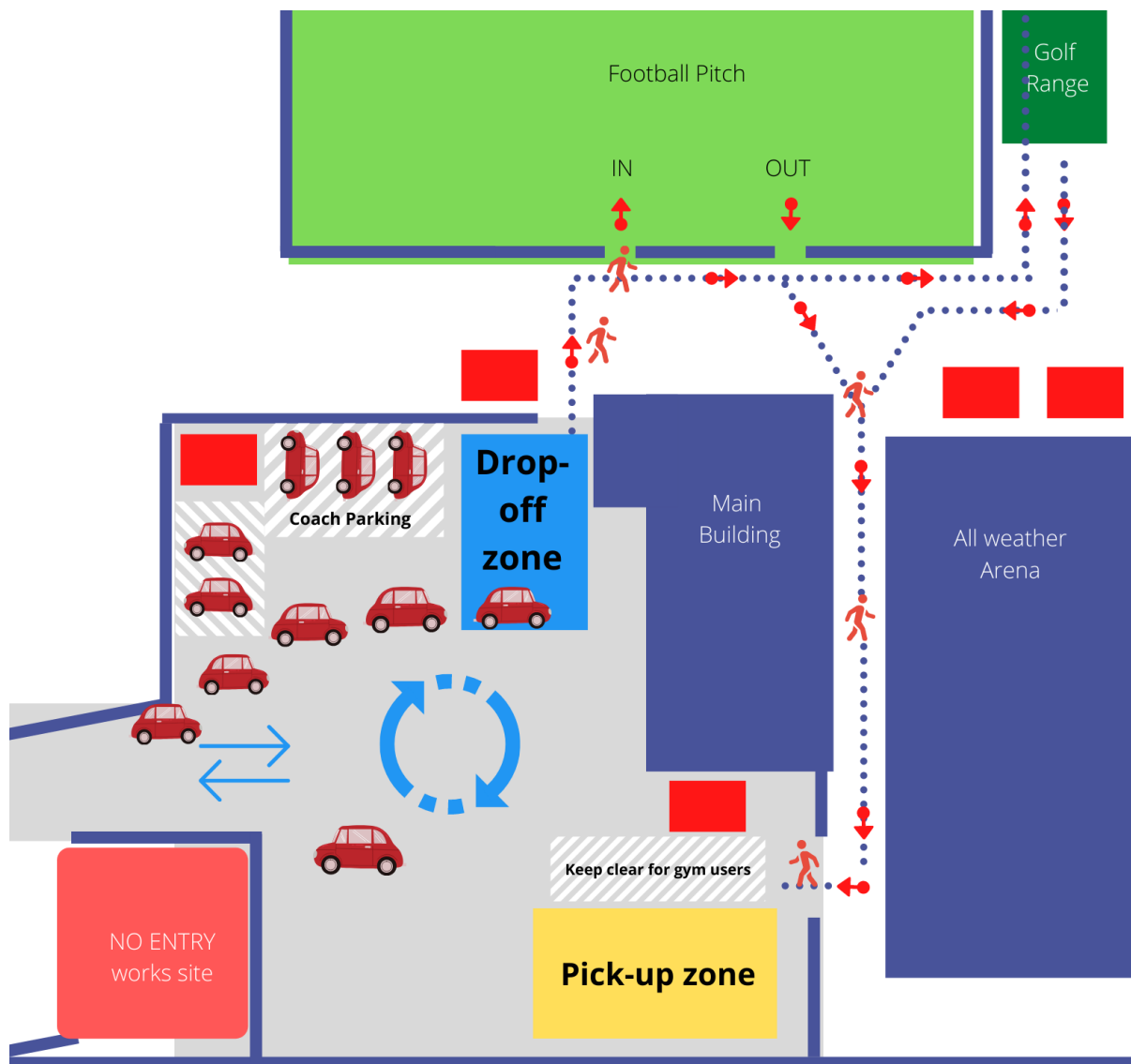
During training:

- During organised training U18s can participate in groups of up to:
 - 40 players and 8 coaches maximum up to the age of 12 (20 in each half with 2m buffer between)
 - 30 players and 8 coaches maximum for ages 12-17
- Guidance for playing football in COVID protection level 3 areas permits indoor contact training up to the age of 18.
- Coaches must maintain 2m of social distancing throughout.
- Mark out and keep a 2m buffer between playing zones.
- Please avoid using your hands at any stage during the activity to feed the balls to players; kick-ins instead of throw-ins. For goalkeepers, please adhere to COVID Goalkeeper guidelines, which can be found [here](#).
- Ensure players touch or share as few items of equipment as possible.
- Spitting is not allowed.
- Full first aid can be administered by coaches but must adhere to new guidelines. Click [here](#) for first aid protocols and [here](#) for first aid advice.

After training:

- Ensure all parties take their belongings when they leave. Lost property will not be kept.
- All Parties must sanitise their hands and maintain social distancing throughout the departure process.
- Following the one-way system, coaches will escort children in groups to the designated pick-up zone via the large roller door (please see end of document). Please avoid bottlenecking at the door.
- Parents/carers are not allowed beyond the metal fencing and should wait in their cars until the roller door opens.
- Collection will be signalled when the roller door opens – parents should only wait within the coned area when the door opens.
- Parents/carers must observe usual social distancing rules. Wear a face covering when waiting in the designated zone (unless exempt).
- **ALL PARTIES MUST DRIVE AWAY IMMEDIATELY** – loitering in the car park is not permitted. Especially critical if another group is due to arrive shortly after.
- Please ensure gym users have clear access (2 car spaces).
- Where drop-off areas are busy with traffic, parents/carers ought to be considerate of others and avoid loitering and blocking spaces for long periods of time.

- Parents/carers are not permitted to enter the AWP unless it is an exceptional or emergency situation and only when instructed to do so by a coach or member of staff.
- Coaches must wipe down surfaces after use (door handles, roller door switch, goals). Gloves, spray and hand towels can be found hanging to the left of the entrance and to the right of the roller door.
- If there are back-to-back sessions, coaches must clean equipment in-between. There must be a minimum of 20 minutes to allow for cleaning and people to leave without groups overlapping, appropriate to the activity and facility.
- Coaches must clean toilet if used.

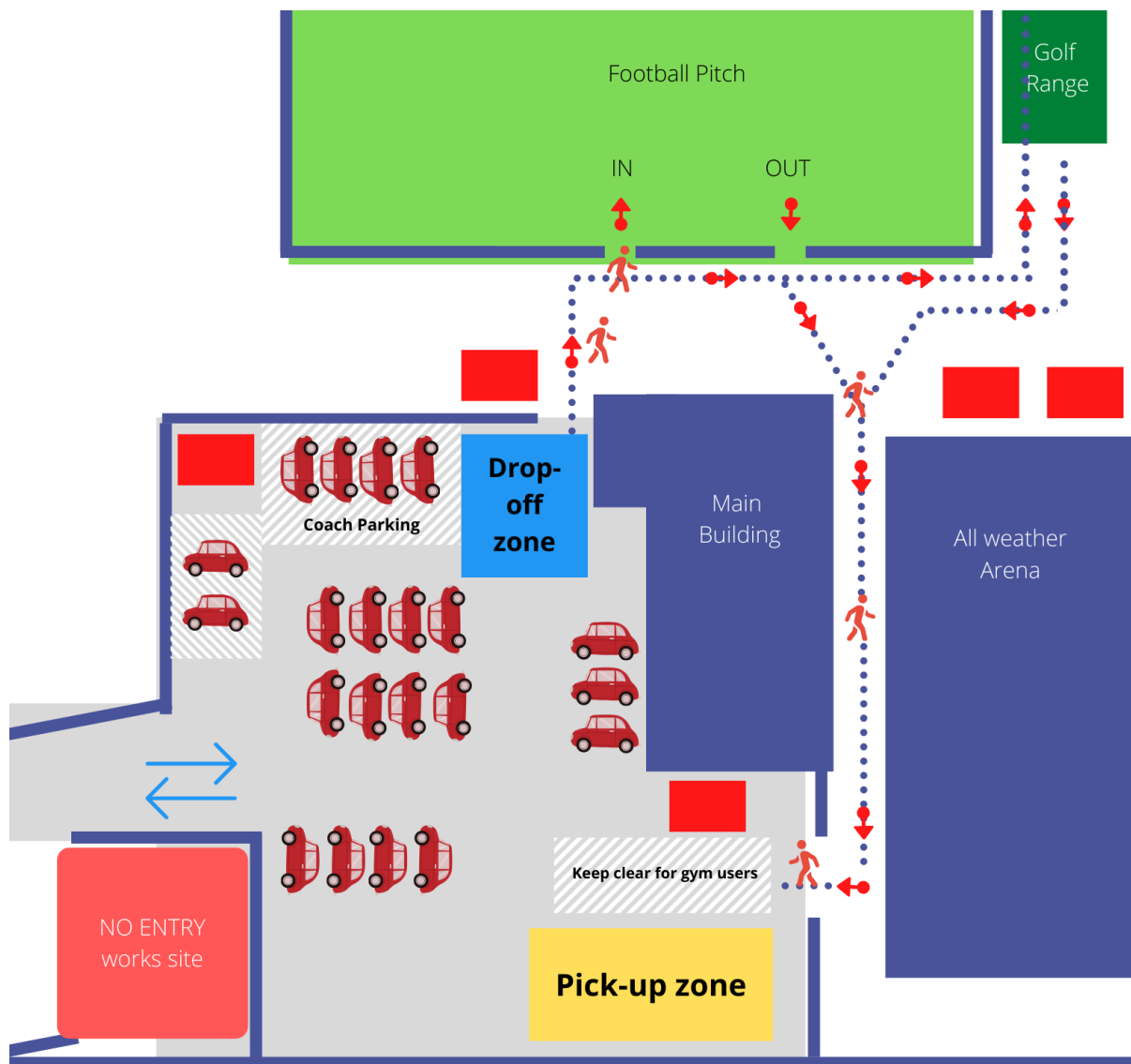


Drop-off Plan

On arrival, please keep left and queue in your car until you reach the drop-off zone. Continue in a clockwise direction past the pick-up point and back out the main car park entrance.

At the end of the session each group of children will be escorted in their year groups (youngest first) by the coach to the designated pick-up zone. Please observe usual social distancing rules.

All parties must drive away immediately - loitering in the car park is not permitted. The next group will arrive shortly after.



Car Park Pick-up Plan

On arrival, please keep left and queue in your car until you reach the drop-off zone. Continue in a clockwise direction past the pick-up point and back out the main car park entrance.

At the end of the session each group of children will be escorted in their year groups (youngest first) by the coach to the designated pick-up zone. Please observe usual social distancing rules.

All parties must drive away immediately - loitering in the car park is not permitted. The next group will arrive shortly after.