

# GREENBANK COVID-19 GUIDANCE - Training

(last updated July 27th 2020)

## ***All training must take place outside***

The following guidelines have been produced by The FA to support the return of grassroots football. A resumption of play is only achievable if everyone involved creates and maintains a controlled environment that minimises the risk of infection. Risk in sport cannot be completely eradicated but with caution and care, these risks can be reduced. Please read the following Code of Behaviour and Guidelines carefully.

### **Code of Behaviour**

**Travelling to games/training:** Where possible only travel together with people in your support bubble. If you do have to travel with people outside of your bubble, try to:

- Share transport with the same people each time
- Keep to small groups of people at any one time
- Open windows for ventilation
- Face away from each other
- Clean the car between journeys using standard cleaning products (include door handles and other areas that people may touch)
- Require regular hand sanitisation by passengers

#### **First aid:**

If a player gets injured, a member of their household can aid them if requested by the referee and team manager, but others will still need to follow social distancing guidelines (unless a life or limb-threatening injury necessitates compromising guidelines to provide emergency care until the ambulance arrives).

First aiders must clean hands thoroughly before and after putting on and taking off PPE. In all circumstances where some form of PPE is used, the safe removal, discarding and disposal of the PPE is critical.

#### **When running, taking part or attending training:**

**NKOne have advised us:**

**NO ACCESS IS PERMITTED INTO THE CENTRE RECEPTION UNLESS YOU HAVE PRE-REGISTERED FOR A SWIMMING OR GYM SESSION**

**THE CAFÉ IS CLOSED INSIDE AND TOILETS ARE OUT OF BOUNDS. USE THE TOILETS WHICH ARE ACCESSIBLE FROM THE FIELD ONLY**

<b>Managers must:</b>	<b>Players must:</b>	<b>Parents/carers must:</b>
<p>Be fully aware of all safeguarding policy and procedures and have all supplied PPE and sanitising equipment at the session:</p> <p>PPE - Mask, Gloves, Apron and Face shield</p> <p>Sanatising – Hand gel, Disinfectant spray</p>	<p>Not attend training or games if displaying any Covid-19 symptoms.</p> <p>Parents will need to read the screening document and only sign when a they can confirms they've none of these symptoms.</p>	<p>Not attend training or games if displaying any Covid-19 symptoms</p>
<p>Ensure written consent has been given by parents / carers prior to them participating in contact football. This only needs doing once, unless guidance changes.</p> <p>(copies must be retained and renewed annually).</p>	<p>Have written consent from parent/carer</p>	<p>Give written consent for their child / children to return to contact training and matches.</p>
<p>Mark out an area for each player to leave their own drink and hand sanitiser 2m apart.</p> <p>This could be one cone / spot with their name on it.</p>	<p>All players <b>MUST</b> bring hand sanitiser to training in a named bottle.</p>	<p>Sign players in at training each week after reading the screening document.</p> <p>If the player or anyone in the household has any of the symptoms please don't bring them training.</p>
<p>Mark out an area using cones for parents / spectators to stand behind during the session.</p>	<p>Sanitise hands before and after training as well as during drinks breaks.</p> <p>They should also sanitise hands after touching any equipment.</p>	<p>Sanitise hands prior to entering the field, after contact with another person or touching any equipment.</p>
<p>Wipe down and clean ball(s) and goal posts before and after training. Along with sanitising and washing any other equipment players may</p>	<p>Maintain social distancing before, after and during any breaks.</p>	<p>Maintain social distancing throughout your time on the field. You may be asked to leave if you don't observe this whilst at One NK by a team</p>

<b>Managers must:</b>	<b>Players must:</b>	<b>Parents/carers must:</b>
have touched during the session – poles, bibs, cones.		manager, committee member of One NK member of staff.
Ensure players and coaches sanitise hands at the following times: <ul style="list-style-type: none"> <li>- before training starts</li> <li>- after they've touched any equipment</li> <li>- at breaks in training (at least once every 30 mins)</li> <li>- at the end of training</li> </ul>	Avoid shouting when in a face to face situation	Stay in the assigned spectator area, which your team manger must make clear by using cones.
Not share bibs. Players should only wear one bib, unless they get a second clean bib, rather than swapping with someone.	Arrive no more than 10 minutes before the start of the session.	Not retrieve the ball if it goes out of play
Ensure social distancing is observed during warm-ups, afterwards and during breaks in the session.	Remember - If you need to cough or sneeze - use a tissue or upper sleeve and avoid touching your face	Avoid shouting
The session should be delivered using predominantly feet only, and goalkeepers must wear GK gloves and clean these in breaks too.  i.e. no picking up the ball or cones etc	Not share kit, equipment, hand sanitiser, water bottles or any necessary medication (e.g. inhaler) with any other player and keep it in your designated area	Bring participants fully dressed and prepared for training, including a drink and bottle of hand sanitiser.
Avoid shouting or raising voice if in a face to face situation or when near players.	Follow social distancing guidelines for goal celebrations	Take all rubbish away and dispose of safely

<b>Managers must:</b>	<b>Players must:</b>	<b>Parents/carers must:</b>
<p>Limit persistent close proximity of participants during the session and ensure they are socially distant if possible, i.e. lining up 2m apart</p> <p>No close proximity face to face drills should be planned and no team talks / huddles.</p>	<p>Don't touch equipment or goalposts unnecessarily during training.</p>	<p>Only parents or carers to attend training.</p> <p>Siblings may be brought if un-avoidable but must remain with the parents.</p> <p>No extended family / friends.</p>
<p>Follow signage for entering and exiting the venue.</p>	<p>Take all rubbish away from OneNK and dispose of safely.</p>	<p>Follow signage when entering and exiting the venue</p>
<p>Use goalposts and training space assigned to your team and return goals to the same place after the session before cleaning goals and locks.</p>	<p>Follow signage when entering and exiting the venue.</p>	<p>Challenge the manager if they feel these guidelines aren't being followed and report to <a href="mailto:committee@greenbankfc.co.uk">committee@greenbankfc.co.uk</a> if required.</p>
<p>Put the completed session register in the letter box when leaving training.</p>	<p>Let the coach know straight away if you're feeling unwell.</p>	<p><b>DO NOT TRY TO ACCESS THE CENTRE VIA RECEPTION – NO GREENBANK ACCESS IS PERMITTED.</b></p>
<p>Be aware they may be asked to have an NKOne radio for communications between the centre and Greenbank teams who are training</p>	<p>No spitting, splashing water on each other</p>	

Managers must:	Players must:	Parents/carers must:
<p><b>FIRST AID</b> – Wear the following PPE when attending to an injury and remember to ask for NK staff to support:</p> <p><b>Cloth facemask</b> – where 2m distance may be compromised shortly.</p> <p><b>Water-resistant face mask (WRFM)</b> – where 2m distance cannot be maintained.</p> <p><b>WRFM and disposable gloves and apron</b> – when within 2m of player, face to face contact for assessment and supporting the player.</p> <p><b>Eye protection, WRFM and disposable gloves and apron</b> - where it is determined there is a risk of splashing (e.g. sneezing, vomiting, etc).</p> <p>CPR – If performing CPR use the face shield provided and ask the leisure centre to support.</p> <p>Dispose of used PPE securely after use. Ask their parents / carer to help if required and permission given by yourself and referee.</p> <p>Any bodily fluids (vomit, sick, spit) should be cleaned away and the area sanitised. This may mean the pitch / training area needs to be changed if cleaning isn't possible or cordoned off.</p>	<p>Challenge the manager and parents if they feel these guidelines aren't being followed and report to <a href="mailto:committee@greenbankfc.co.uk">committee@greenbankfc.co.uk</a> if required.</p>	

The committee and One NK staff will be completing spot checks and not following these rules will result in a suspension for the coach, player, parent or team from undertaking training and matches.

One NK staff, Greenbank FC and all their volunteers reserve the right to ask you to leave OneNK, if you're unable to abide to these club rules.