



CONDITIONS AND GUIDELINES FOR RETURN TO TRAINING

These are the steps that Weston-super-Mare AFC recommend to ensure that we keep our participants and their families safe.

WHEN CONDUCTING TRAINING, THE FOLLOWING CONDITIONS ARE TO BE IMPLEMENTED BY THE COACH/CLUB OFFICIAL:

- Records of attendance at training are maintained and coordinated by a nominated member of staff
- No person to person contact training drills to be conducted.
- No more than 6 people to be involved in the drill. For example, one coach, five players.
- Social distancing to be implemented – 2 metre rule
- 6 people to be in a spacing so that there is no more than 1 person per 4m².
- Any handling of equipment is to be kept to a minimum.
- Heading of a ball may occur during the natural process of a drill, for example a ball being crossed. However, practising of heading by picking up the ball and throwing should be discouraged.
- Throw ins are to be discouraged.
- No usage of changing rooms or inside areas.
- Only essential people are to attend training sessions (i.e. players, coaches, and volunteers involved in operations and one parents/carer of participants).
- Spectators are not permitted. One Parents/caregivers is permitted for supervision purposes and if feasible they are encouraged to wait in car / outside venue to avoid gatherings.
- If training bibs are used, each individual player is to be allocated a bib and each player is required to take the bib home and wash.
- Regular breaks are to be provided for the purpose of rehydrating and hand sanitising.
- Toilets are to be open for use.
- Restriction on the number of people using the toilets at any one time to apply.
- Soap and sanitiser to be available in the toilets at all times.
- Players are to enter and leave the pitch and venue in a coordinated manner minimising contact with others and not gathering in large groups.
- No social activity is to occur once training has concluded.

WHEN PARTICIPATING IN TRAINING SESSIONS, THE FOLLOWING CONDITIONS ARE TO BE IMPLEMENTED BY THE PLAYER/PARENT:

- Players must not arrive more than 15 minutes prior to training commencing, and if arriving by car, remain in the car until 5 minutes before training to avoid gatherings.
- Players are to come already prepared to train – changing rooms will not be in use.
- NK Sports will provide individual drinks bottles for every player and they are to be clearly labelled and brought to every session. No sharing of drink bottles is to be permitted.
- Players are to leave the venue immediately once their training session has concluded.

*Please note, all guidelines are subject to change in line with government advice

GENERAL SAFEGUARDS

In addition to the conditions outlined above for training, it is recommended that everyone involved in football continue to practise good hygiene by implementing the following measures:

HYGIENE - CLUBS

- Ensure spaces at each facility, surfaces and objects are regularly cleaned with disinfectant.
- Provide hand washing guidance to all participants and volunteers
- Promote regular and thorough hand washing by volunteers and participants.
- Provide sanitising hand rub dispensers in prominent places around the venue.
- Ensure sanitising hand rub dispensers are regularly refilled.
- Ensure soap dispensers in toilets are regularly refilled.
- Ensure bins are provided around the venue.

HYGIENE - INDIVIDUALS

- Players, officials, volunteers and/or their parents/carers should carry hand sanitiser on their person in order to enable good personal hygiene.
- If using tissues, place them directly in the bins provided.
- Seek to avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- Each participant is to provide their own drink bottle that is clearly labelled and is only used by that individual. No sharing of drink bottles.
- Each participant is to take their training bib home to wash individually.
- No sharing of pens or clip boards, each volunteer must bring their own to venues.
- Wash your hands frequently with soap and water, before and after eating, and after going to the toilet.

BEHAVIOUR

- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Wash hands with soap and water often.
- Use hand sanitiser gel if soap and water are not available
- Do not touch your eyes, nose or mouth if your hands are not clean.
- No spitting at any time.
- Wipe down all surfaces and objects with appropriate anti-bacterial/disinfectant wipes or soap, particularly those frequently touched. This includes door handles, light switches, kitchen surfaces, bathroom surface, phones, remote controls and any other high touch areas.
- Do not share drink bottles.
- Practice social distancing. If someone comes and stand next to you, move around the field and ensure you implement social distancing requirements.



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