



DWFC Return to Training 2020 – Guidance Notes

Dear Parent/Carer,

Important information about returning to training

We hope this finds you and your family safe and well.

Dundee West would like to take this opportunity to thank you for your continued support throughout this period.

As you will be aware, in line with government guidance, the Scottish FA suspended all football activity in March. The health and wellbeing of all our members, along with complying with the Scottish Government's 'route map' and the Scottish FA's guidance has been paramount to any decisions on returning to training. That said, we are now pleased to be contacting you to inform you that training can return in a controlled manner as part of the Scottish Gov't Phase 3 restrictions.

To allow your child to return to training please read through this guidance and acknowledge you agree to these responsibilities for you and your child. This must be confirmed and agreed to prior to your child returning to training.

Club Overview

We want to create a friendly and welcoming environment for our players returning to training. At the same time, the safety of our players and our volunteers takes the highest priority.

• Training Organisation

- The club will make use of outdoor pitch facilities at Charlotte Street for now (discussions for Baldrigon will be taking place with Leisure & Culture Dundee), enabling socially distanced training to take place
- Training times may be reduced to incorporate socially distanced training.
- There will be staggered start and finish times where possible to allow socially distanced drop off and pick up.

• Club have taken all necessary steps to return to training in a safe manner.

- Appointment of a COVID Co-Ordinator's
- SportScotland & SFA Workshops attended for Return to Training guidelines
- Risk assessments created
- Purchasing of cleaning and sanitising products

• Equipment and Storage Containers

- Access will be restricted to 1 coach per team in the container.
- There will be cleaning materials in the container for equipment to be sanitised.
- Container use will be monitored by Club officials to ensure correct access and appropriate cleaning is taking place

• Hub Pavilion at Charlotte Street

- Club pavilion will remain closed for now.





Parent Responsibilities

Before Training

- Parents must agree to the terms laid out in this consent form via My Club Hub prior to the return to training.
- If your child or anyone in your household is displaying symptoms of COVID-19 do not attend training and follow Government guidelines on test and protect (<https://www.gov.scot/coronavirus-covid-19>)
- Talk to your child about returning to training to help them understand the measures that have been taken to keep them safe, reading through our Player and Parent guidelines. Remind your child it is important they focus on having fun.
- Ensure they thoroughly wash their hands before and after and bring hand sanitiser (club will supply each team too)
- Follow government guidelines around hand hygiene and wash hands before traveling to training (<https://www.who.int/qpsc/5may/resources/posters/en/>)
- There may not be access to public toilets or changing facilities, so please encourage your child to go to the toilet at home before you leave, change into their training kit at home – arriving ready to train

When you arrive

- To limit over-crowding, please bring your child to the training session on your own
- Again, to avoid congestion, do not arrive early to training and please be prompt at drop off and pick up (if you or your child require additional support please contact your team to organise this)
- Walk towards your teams arranged meeting point maintaining a safe distance, once the coach signals the player over, please leave the training area. Parents can't stay and watch. It's a drop off and pick up only. You can spectate from your car or go for a walk around the local area.
- Make sure your child is ready to train, laces tied etc as your coach must maintain a 2-metre distance

During Training

- Only players, coaches and support staff are allowed on the training pitch
- Only emergency first aid can currently be given directly by coaches, otherwise guidance is for first aiders to assist "casualties" from a distance, supporting them to treat themselves.
- If your child would not be able to do this, discuss with your club how you can safely stay close by to the training venue, so you can come and assist if your child was to be injured
- The safety and wellbeing of all our young players is of the utmost importance.
- If you have any concerns, please contact the Club immediately.

After Training

- Please be prompt to collect your child at the end of training
- When picking up your child, leave the facility promptly, again to avoid congestion
- Collect your child's belongings, sanitise you and your child's hands.
- Inform the club immediately should your child start to show symptoms of COVID-19





DUNDEE WEST F.C. – PARENT GUIDE

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PREPARING FOR TRAINING



PLEASE READ THROUGH YOUR TEAM RISK ASSESSMENT.
SIGN THE TRAINING CONSENT FORM.
RETURN THE FORM TO YOUR COACH.



PLEASE READ THROUGH THE PARENT AND PLAYER GUIDANCE.



YOUR CHILD WILL NEED TO WEAR A CLEAN KIT.



YOUR CHILD WILL NEED THEIR OWN HAND SANITISER WITH THEIR NAME CLEARLY MARKED.



YOUR CHILD WILL NEED TO BRING THEIR OWN DRINK WITH THEIR NAME CLEARLY MARKED.



YOU AND YOUR CHILD SHOULD WASH YOUR HANDS WITH SOAP AND WATER (20 SECONDS) BEFORE LEAVING FOR TRAINING.



YOUR CHILD SHOULD USE THE TOILET AT HOME BEFORE LEAVING FOR TRAINING.

ARRIVING AT TRAINING

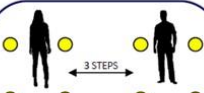


IF YOUR CHILD CANT TIE LACES YET, PLEASE DO THIS FOR THEM
YOU CHILD'S COACH CANNOT HELP DUE TO SOCIAL DISTANCING.



PLEASE WALK WITH YOUR CHILD TOWARDS YOUR COACH.
REMAIN A SAFE DISTANCE AWAY (5-10 METRES).
WHEN YOUR COACH SEES YOU, YOUR CHILD WILL GET A THUMBS UP TO MOVE INTO THE 'SAFE AREA'.

DURING TRAINING



ENSURE YOU SOCIAL DISTANCE WHEN ESCORTING YOUR CHILD TO AND FROM THE MEETING POINT. ONLY 1 PARENT TO DO THIS.

PLEASE DON'T CONGREGATE AROUND THE TRAINING AREA'S OR THE CAR PARK.
PLEASE OBSERVE THE SESSION FROM YOUR CAR OR GO FOR A WALK AROUND THE LOCAL AREA.



IF YOUR CHILD REQUIRES BASIC FIRST AID TREATMENT THEY WILL BE SENT TO THE 'FIRST AID AREA'.

A COACH MAY ATTEMPT TO GUIDE YOUR CHILD THROUGH THEIR TREATMENT, OR THEY MAY REQUIRE YOUR ASSISTANCE. THIS WILL BE INDICATED BY THE COACH.



IF YOUR CHILD HAS A SERIOUS INJURY, THE COACH WILL IMMEDIATELY SEND ALL ABLE PLAYERS TO THEIR 'SAFE AREAS'.

THE COACH WILL APPLY BASIC PPE (IF POSSIBLE) BEFORE ANY EMERGENCY TREATMENT.
PARENTAL SUPPORT WILL BE REQUIRED. DIAL 999

AT THE END OF TRAINING



YOUR CHILD WILL:
RETURN TO THEIR 'SAFE AREA'.
SANITISE HANDS.
COLLECT THEIR BELONGINGS.



GIVE YOUR CHILD A 'THUMBS UP' TO SHOW YOU HAVE SEEN THEM AND ARE READY TO DEPART.
THE COACH WILL SEE THIS AND INDICATE THEY CAN LEAVE.

IF YOU URGENTLY NEED YOUR COACH AND CANNOT SAFELY GET TO THEM, GIVE THEM A CALL.



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BEFORE TRAINING



WEAR A CLEAN KIT



BRING YOUR OWN (SMALL) HAND SANITISER. PUT YOUR NAME ON IT.



BRING YOUR OWN DRINK. PUT YOUR NAME ON IT.



WASH YOUR HANDS WITH SOAP AND WATER. (20 SECONDS) BEFORE LEAVING FOR TRAINING.



USE THE 'TOILET' BEFORE YOU LEAVE HOME FOR TRAINING.

ARRIVING AT TRAINING



SOCIAL DISTANCING
CHARLOTTE ST WILL BE BUSY! USE COMMON SENSE AND SOCIAL DISTANCE FROM OTHERS BEFORE AND AFTER FOOTBALL



IF YOU CANT TIE YOUR LACES YET, ASK YOUR PARENTS TO DO THIS
YOUR COACH CANNOT HELP.



YOUR COACH WILL GIVE YOU A THUMBS UP AND MEET YOU BEFORE MOVING TO THE TRAINING AREA



PUT YOUR BELONGINGS IN YOUR 'SAFE AREA'.



APPLY SOME HAND SANITISER.



YOUR COACH WILL TELL YOU WHAT TO DO NEXT.

DURING TRAINING



DO NOT TOUCH EQUIPMENT WITH YOUR HANDS.



SOCIAL DISTANCING
PLEASE REM AND SOCIAL DISTANCE FROM YOUR COACH AND ANYONE OUTWITH YOUR GROUP WHO MIGHT BE CLOSE-BY



COVER YOUR MOUTH AND NOSE WITH A TISSUE OR YOUR SLEEVE (NOT YOUR HANDS) WHEN YOU COUGH OR SNEEZE.



PUT YOUR TISSUE IN THE BIN IMMEDIATELY AND USE YOUR HAND SANITISER.



IF YOU NEED BASIC FIRST AID TREATMENT YOU WILL BE SENT TO THE 'FIRST AID AREA'.

A COACH WILL TRY TO GUIDE YOU THROUGH YOUR OWN TREATMENT, OR THEY MAY ASK YOUR PARENT TO HELP YOU.
BAD INJURY
STAY WHERE YOU ARE AND DO NOT TRY TO MOVE. YOUR COACH AND PARENT WILL HELP YOU.

AFTER TRAINING



RETURN TO YOUR 'SAFE AREA'.
COLLECT YOUR BELONGINGS



APPLY SOME HAND SANITISER.



YOUR COACH WILL ADVISE YOU WHEN TO LEAVE THE 'SAFE AREA'.
IF A PARENT IS PICKING YOU UP, GET A THUMBS UP FROM YOUR PARENT BEFORE LEAVING YOUR COACH





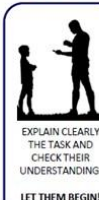
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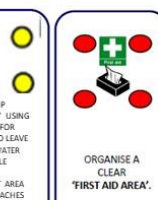
PREPARATION AT HOME



DURING TRAINING



TRAINING SET-UP



AT THE END OF TRAINING



PHASE THREE CHILDREN AND YOUNG PEOPLE 5-17 YEARS OLD COVID-19 UPDATE - GRASSROOTS RETURN TO TRAINING

The Scottish FA is delighted to release this guidance to reflect the Scottish Government's transition to Phase 3. This guidance is applicable to all affiliated member clubs and associations.

These 'Return to Training' protocols are applicable to Children and Young People only. Please note that the permitted activity for Adults is not the same.

Thank you for your ongoing support, patience and everything that you, your clubs and your community have contributed to make this happen.

PERMITTED ACTIVITY - RETURN TO TRAINING - CHILDREN AND YOUNG PEOPLE 5-17 YEARS OLD



FACILITIES



PUBLIC HEALTH MESSAGES



COVID-19 WARNING

You must not attend any group activity if in the past 14 days you:

- Have been unwell or had any flu-like symptoms
- Have been in contact with a known or suspected case of COVID-19
- Have had any respiratory symptoms (even if mild)



Before taking part in any formal football activity, please ensure you follow all guidance on the Return to Football HUB: scotfa.co/ReturnToFootball





If you have any questions on any of this, please contact the COVID Co-ordinators:

- **Boys Teams:** Paul Gibson 07749 979776
- **Girls Teams:** Jayne Digby 07799 220939

All activity will be reviewed and is subject to change in accordance with Scottish Government guidance.

CONSENT

We are very much looking forward to returning to the pitch and welcoming all our players, coaches and volunteers back.

Please read and complete the following consent before returning to football training:

1. I am happy to return to football training with the appropriate precautions and safety measures in place.
2. I have read and understood the Player, Coach and Parent Guidance for the Covid-19 return to football issued by the club.
3. I will follow all Covid-19 guidelines issued by the club.
4. I agree that my contact details can be shared with registered coaches and officials within Dundee West FC and I am happy to be contacted in the event of an emergency.
5. Please tick the declaration via MCH to ensure your child/player can train

Thank you for your patience, support and cooperation during these unprecedented times and we look forward to seeing you all soon.

Yours in Sport
Dundee West Exec Committee

