



Dear Coach,

Important information about returning to training:

Firstly, we hope you and your family are safe and well during what continues to be challenging times. The club 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 on the December 26, 2020. The health and wellbeing of all our members, along with complying with the Scottish Government's 'route map' and the Scottish FA's guidance is paramount to any decisions on returning to training.

That said, we are pleased to be contacting you to inform you that training can resume, the week beginning March 12, 2021.

The club have taken all the necessary steps to return to training in a safe manner. These steps have included the appointment of a COVID Co-ordinators, development of Return to Training guidelines, risk assessment of training facilities, the purchasing of cleaning/ sanitising products and face coverings and amended training schedules to allow for physical distancing where applicable.

If you have any questions on these steps, please contact the COVID Co-ordinators:

Boys – Stewart Campbell – 07786960983

Girls – Samantha Middleton - 07925046827

We all have a role in providing a fun and safe environment for players to return to training and as a coach, we ask that you take the following measures to ensure this:

Coach Guidelines

Plan and Prepare

- Make sure that the activity you prepare is appropriate for the age and stage of player and adheres to current Scottish FA and Scottish Government guidelines
- If you or anyone in your household is displaying symptoms of COVID-19 do not attend training and follow Government guidelines on test and protect www.gov.scot/coronavirus-covid-19/
- Coaches will confirm their availability in advance so player: coach ratios are adhered to-
 - Under 12s: Maximum of 26 players four coaches per 1/3 of pitch (must be PVG certified, COVID Officer, First Aider and an appropriately qualified coach)
 - 12-17 years: Maximum of 13 players and two coaches per ¼ pitch (both officials must be PVG certified, a COVID Officer, First Aider and an appropriately qualified coach)
 - 18 year and above: Maximum of 15 players and two coaches: (both officials must be PVG certified, a COVID Officer, First Aider and an appropriately qualified coach)



- Coaches will check number of expected attendees in advance of training to ensure ratios are kept:
 - Under 12's: Maximum 26 players per 1/3 of pitch
 - 12-17 years: Maximum 13 players per ¼ pitch
 - 18 years and above: Maximum 15 players per ¼ pitch
- There may not be access to public toilets or changing facilities, so please ensure you go to the toilet at home before you leave and change into your coaching kit at home – arriving ready to train
- Please arrive at least 15 mins before the players are due to train and set up in advance
- Remember Blaze cleaning product and hand sanitiser to disinfect all equipment prior to use then directly after each session
- Only 1 coach allowed in equipment room/container at one time
- Ensure a session registers for Contact/Trace details are taken at each session for all players and staff
- Each training zone should be treated as a separate playing area in which all training session requirements should be followed. Group members (including coaches) must stay within the one zone throughout the session and must not move into another zone under any circumstances. This means that zones do require **two team officials** to be present, however it is worth noting that these do not necessarily need to be coaches. The second adult present can be any team level official (team helper, first aider or coach assistant) whose membership application has been fully approved by the SYFA or SWF and have Club **PVG**, **completed SFA Child well-being and coach declaration**

Teams must also set up a **first aid SAFE area** (cones) and ensure that there is adequate first aid provision during all sessions and activities but be mindful that only emergency first aid can be administered.

Strictly no form of match play allowed. This includes festivals and events.

During Training

- Always maintain the 2-metre social distance (only exception is basic first aid, PPE MUST be donned before). Avoid using your hands to feed in drills!
- Remember all sessions should have a focus on fun as we gradually ease back into football. Keep our main focus on fun, technical or tactical development.



- The COVID Co-ordinator will retain all session registers and act as first point of contact for NHS Test & Protect staff in the event of any reported positive tests. However, all coaches must retain a copy of the register for every session they lead as back-up in the event of any administrative issues
- No Heading - No Spitting
- Only emergency first aid can currently be given directly, otherwise guidance is for first aiders to assist “casualties” from a distance, supporting them to treat themselves.
- In order to help with this and fit all teams in for training, sessions will last no more than ONE hour with a 15-minute buffer time to allow safe change overs • If using a multi-purpose venue, please ensure you finish ON TIME to allow your team to safely exit the pitch BEFORE the next team arrive

After Training

- Please clean all equipment used at the end of your session with approved Blaze product supplied (instructions issued)
- Ensure all players leave the facility safely before promptly leaving yourself. Remind players, regardless of age, to maintain a 2-metre distance at all times out with your sessions. This applies before and after sessions in the confine of the pitch/facility.
- At this stage, home-based training and setting individual skill and fitness challenges are vital to maximise development within the limited contact time
- Pass register to COVID Coordinators See Dryburgh Athletic Community Club guidance slides below

See Dryburgh Athletic Community Club guidance slides below



DRYBURGH ATHLETIC COMMUNITY CLUB – COACH GUIDE

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1. BEFORE TRAINING

- WEAR A CLEAN KIT** (Icon: Soccer kit)
- BRING YOUR OWN (SMALL) HAND SANITISER AND A WATER BOTTLE.** (Icon: Hand sanitizer and water bottle)
- COACHING EQUIPMENT** (Icon: Soccer ball and cones)
- FIRST AID KIT INCLUDING BASIC PPE.** (Icon: First aid kit and PPE)
- DISINFECTANT FOR USE PRIOR AND POST SESSION.** (Icon: Disinfectant spray)
- CONTINUE TO WASH YOUR HANDS WITH SOAP AND WATER (20 SECONDS) BEFORE LEAVING FOR TRAINING.** (Icon: Hand washing)

3. DURING TRAINING

- SANITISE HANDS** (Icon: Hand sanitizer)
- AS THE PLAYERS ARRIVE, DIRECT THEM TO THEIR 'SAFE AREA'. LEAVE THEIR BELONGINGS HERE.** (Icon: Safe area sign)
- STAY 2 METRES AWAY FROM PLAYERS.** (Icon: 2 metres distance)
- TAKE A REGISTER OF ATTENDANCE FOR TEST AND TRACE PURPOSES.** (Icon: Attendance register)
- EXPLAIN CLEARLY THE TASK AND CHECK THEIR UNDERSTANDING. LET THEM BEGIN!** (Icon: Coach and player)

2. ARRIVAL AT TRAINING

- ASSESS THE AREA FOR POTENTIAL DANGERS, TAKING INTO ACCOUNT THE PREPARED RISK ASSESSMENT.** (Icon: Danger sign)
- APPLY GLOVES AND BEGIN TO DISINFECT ALL EQUIPMENT TO BE USED PRIOR TO THE SESSION.** (Icon: Glove and disinfectant)
- SET-UP PLAYER 'SAFE ZONES' USING HOOPS OR CONES. ENSURE THEY ARE 2 METRES APART.** (Icon: Hoops and cones)
- ORGANISE A CLEAR 'FIRST AID AREA'** (Icon: First aid kit)
- SET-UP AND ORGANISE THE SESSION.** (Icon: Soccer ball)
- SANITISE HANDS AND BE READY TO WELCOME THE PLAYERS WITH A 'THUMBS UP' AS THEY ARRIVE.** (Icon: Thumbs up)

4. AFTER TRAINING

- ASK THE PLAYERS TO RETURN TO THEIR 'SAFE AREA'. SANITISE HANDS. COLLECT BELONGINGS** (Icon: Safe area sign)
- OBSERVE FOR A PARENT GIVING THEIR CHILD A 'THUMBS UP' TO DEPART.** (Icon: Thumbs up)
- ONCE ALL PLAYERS HAVE LEFT. DISINFECT EQUIPMENT POST SESSION.** (Icon: Disinfectant)

DRYBURGH ATHLETIC COMMUNITY CLUB – PLAYER GUIDE

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1. BEFORE TRAINING

- FEELING UNWELL?** (Icon: Person coughing) **SPEAK TO YOUR PARENT/CARER THEY KNOW THE SYMPTOMS TO LOOK FOR.**
- WEAR A CLEAN KIT** (Icon: Soccer kit)
- GO TO THE TOILET BEFORE LEAVING FOR TRAINING.** (Icon: Toilet)
- BRING YOUR OWN (SMALL) HAND SANITISER. PUT YOUR NAME ON IT.** (Icon: Hand sanitizer)
- BRING YOUR OWN WATER BOTTLE. PUT YOUR NAME ON IT.** (Icon: Water bottle)
- CONTINUE TO WASH YOUR HANDS WITH SOAP AND WATER (20 SECONDS) BEFORE LEAVING FOR TRAINING.** (Icon: Hand washing)
- ONLY TRAVEL IN A VEHICLE WITH MEMBERS OF YOUR HOUSEHOLD. TRY TO AVOID PUBLIC TRANSPORT (IF POSSIBLE)** (Icon: Car)

2. ARRIVING AT TRAINING

- TIE YOUR LACES OR ASK A PARENT/CARER TO HELP. YOUR COACH IS THE LAST OPTION.** (Icon: Tied laces)
- TRY TO STAY 2 METRES AWAY FROM OTHERS AS MUCH AS YOU CAN.** (Icon: 2 metres distance)
- PUT YOUR BELONGINGS IN YOUR 'SAFE AREA'.** (Icon: Safe area sign)
- APPLY SOME HAND SANITISER.** (Icon: Hand sanitizer)
- YOUR COACH WILL TELL YOU WHAT TO DO NEXT.** (Icon: Coach and player)

3. DURING TRAINING

- CONTACT TRAINING IS PERMITTED DURING THE SESSION. STAY 2 METRES AWAY FROM YOUR COACH** (Icon: Coach and player)
- ONLY TOUCH EQUIPMENT WHEN ASKED.** (Icon: Soccer ball)
- COVER YOUR MOUTH AND NOSE WITH A TISSUE OR YOUR SLEEVE (NOT YOUR HANDS) WHEN YOU COUGH OR SNEEZE. NO SPITTING** (Icon: Coughing into sleeve)
- PUT YOUR TISSUE IN THE BIN IMMEDIATELY AND USE YOUR HAND SANITISER.** (Icon: Tissue and bin)
- FIRST AID AREA** (Icon: First aid kit) **A COACH WILL TRY TO GUIDE YOU THROUGH YOUR OWN TREATMENT. THEY MAY ASK YOUR PARENT TO HELP YOU. LIFE THREATENING OR SERIOUS INJURIES – COACH ACTS IMMEDIATELY.**

4. AFTER TRAINING

- RETURN TO YOUR 'SAFE AREA' TO COLLECT YOUR BELONGINGS.** (Icon: Safe area sign)
- APPLY SOME HAND SANITISER.** (Icon: Hand sanitizer)
- GET A THUMBS UP FROM YOUR PARENT AND COACH BEFORE LEAVING THE 'SAFE AREA'.** (Icon: Thumbs up)
- TRY TO STAY 2 METRES AWAY FROM OTHERS AS MUCH AS YOU CAN.** (Icon: 2 metres distance)



DRYBURGH ATHLETIC COMMUNITY CLUB – PARENT GUIDE

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1. 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.

2. BEFORE TRAINING

USE THE TOILET BEFORE LEAVING FOR TRAINING.

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.

3. ARRIVING AT TRAINING

PLEASE ASK OR HELP YOUR CHILD TO TIE THEIR LACES BEFORE ENTERING THE VENUE.
YOUR CHILD'S COACH IS THE LAST OPTION.

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'.

4. DURING TRAINING

PARENTS ARE ASKED **NOT** TO CONGREGATE IN THE PARK.
(Adapted by Dryburgh Athletic Community Club)

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

5. AFTER 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.

2 METRES

TRY TO STAY 2 METRES AWAY FROM OTHERS AS MUCH AS YOU CAN.

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

Further details of the 'Role of the Coach' and measures that the club have taken to adhere to Scottish Government and Scottish FA guidance can be found on our website www.dryburghacc.co.uk - on our club app www.myclub-hub.co.uk or from contacts below.

All activity will be reviewed and is subject to change in accordance with Scottish Government guidance. We are very much looking forward to returning to the pitch and welcoming all our players, coaches and volunteers back.

For the latest guidance from the SFA please follow the link below

<https://www.scottishfa.co.uk/news/updated-guidance-for-grassroots-football-11-march-2021/?rid=13929>

All club activity **MUST BE OUTDOORS:**

- Under 12s: Contact activity is **permitted**; however physical distancing should be in place before and after the session
- 12-17 years: all activity must be **non-contact**, ensuring physical distancing is always adhered to
- 18 years and above: all activity must be **non-contact**, ensuring physical distancing is always adhered to



Hopefully, this document is clear and concise - Any questions don't hesitate to contact –

Boys Representative - Stuart Cochrane - 07483248891

Child Protection Officer - Dorothy Watt - 07718946751

COVID Coordinators - Stewart and Sam *as above*

Chairman - John Beatt – 07793718493

We look forward to seeing you soon.

The Committee - Dryburgh Athletic Community Club SCIO