



Dear Parent/Carer,

Important information about returning to training

Firstly, I hope you and your family are safe and well during what continues to be challenging times. Dryburgh Athletic Community 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 26th of December 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, I am pleased to be contacting you to inform you that training will start back week beginning 12th of March 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-ordinator, development of Return to Training guidelines, risk assessment of training facilities, the purchasing of cleaning and sanitising products, distribution of club snood/face coverings and amended training schedules to allow for physical distancing where appropriate.

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 ask that you take the following measures to ensure this.

Parent/Carer Guidelines

DRYBURGH ATHLETIC COMMUNITY CLUB – PARENT GUIDE

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1. PREPARING FOR TRAINING		2. BEFORE TRAINING			3. ARRIVING AT TRAINING			
<p>PLEASE READ THROUGH YOUR TEAM RISK ASSESSMENT.</p> <p>SIGN THE TRAINING CONSENT FORM.</p> <p>RETURN THE FORM TO YOUR COACH.</p>	<p>PLEASE READ THROUGH THE PARENT AND PLAYER GUIDANCE.</p>	<p>USE THE TOILET BEFORE LEAVING FOR TRAINING.</p>	<p>YOUR CHILD WILL NEED TO WEAR A CLEAN KIT.</p>	<p>YOUR CHILD WILL NEED THEIR OWN HAND SANITISER WITH THEIR NAME CLEARLY MARKED.</p>	<p>YOUR CHILD WILL NEED TO BRING THEIR OWN DRINK WITH THEIR NAME CLEARLY MARKED.</p>	<p>YOU AND YOUR CHILD SHOULD WASH YOUR HANDS WITH SOAP AND WATER (20 SECONDS) BEFORE LEAVING FOR TRAINING.</p>	<p>PLEASE ASK OR HELP YOUR CHILD TO TIE THEIR LACES BEFORE ENTERING THE VENUE.</p> <p>YOUR CHILD'S COACH IS THE LAST OPTION.</p>	<p>PLEASE WALK WITH YOUR CHILD TOWARDS YOUR COACH.</p> <p>REMAIN A SAFE DISTANCE AWAY (5-10 METRES).</p> <p>WHEN YOUR COACH SEES YOU, YOUR CHILD WILL GET A THUMBS UP TO MOVE INTO THE 'SAFE AREA'.</p>
4. DURING TRAINING		5. AFTER TRAINING			<p>IF YOU URGENTLY NEED YOUR COACH AND CANNOT SAFELY GET TO THEM, GIVE THEM A CALL.</p>			
<p>PARENTS ARE ASKED NOT TO CONGREGATE IN THE PARK.</p> <p><small>(Adapted by Dryburgh Athletic Community Club)</small></p>	<p>IF YOUR CHILD REQUIRES BASIC FIRST AID TREATMENT THEY WILL BE SENT TO THE 'FIRST AID AREA'.</p> <p>A COACH MAY ATTEMPT TO GUIDE YOUR CHILD THROUGH THEIR TREATMENT, OR THEY MAY REQUIRE YOUR ASSISTANCE. THIS WILL BE INDICATED BY THE COACH.</p>	<p>IF YOUR CHILD HAS A SERIOUS INJURY, THE COACH WILL IMMEDIATELY SEND ALL ABLE PLAYERS TO THEIR 'SAFE AREAS'.</p> <p>THE COACH WILL APPLY BASIC PPE (IF POSSIBLE) BEFORE ANY EMERGENCY TREATMENT.</p> <p>PARENTAL SUPPORT WILL BE REQUIRED. DIAL 999</p>	<p>YOUR CHILD WILL: RETURN TO THEIR 'SAFE AREA'.</p> <p>SANITISE HANDS</p> <p>COLLECT THEIR BELONGINGS.</p>	<p>GIVE YOUR CHILD A 'THUMBS UP' TO SHOW YOU HAVE SEEN THEM AND ARE READY TO DEPART.</p> <p>THE COACH WILL SEE THIS AND INDICATE THEY CAN LEAVE.</p>		<p>2 METRES</p> <p>TRY TO STAY 2 METRES AWAY FROM OTHERS AS MUCH AS YOU CAN.</p>		



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>

Before Training

- Please tick the Club risk assessment and consent
- 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: 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/gpsc/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 the COVID Co-ordinator prior to attending)
- Walk towards your teams coach maintaining a safe distance, once the coach signals the player over, please retreat to the parent safe area or your car. At this time watching the session is **not permitted** in line with current SFA guidelines
- 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 our Child Wellbeing and Protection Officer, Dorothy Watt on 07718946751

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

DRYBURGH ATHLETIC COMMUNITY CLUB – PLAYER GUIDE

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1. BEFORE TRAINING

<p>FEELING UNWELL? SPEAK TO YOUR PARENT/CARER THEY KNOW THE SYMPTOMS TO LOOK FOR.</p>	<p>WEAR A CLEAN KIT</p>	<p>GO TO THE TOILET BEFORE LEAVING FOR TRAINING.</p>	<p>BRING YOUR OWN (SMALL) HAND SANITISER. PUT YOUR NAME ON IT.</p>	<p>BRING YOUR OWN WATER BOTTLE. PUT YOUR NAME ON IT.</p>	<p>CONTINUE TO WASH YOUR HANDS WITH SOAP AND WATER (20 SECONDS) BEFORE LEAVING FOR TRAINING.</p>	<p>ONLY TRAVEL IN A VEHICLE WITH MEMBERS OF YOUR HOUSEHOLD. TRY TO AVOID PUBLIC TRANSPORT (IF POSSIBLE)</p>
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2. ARRIVING AT TRAINING

<p>TIE YOUR LACES OR ASK A PARENT/CARER TO HELP. YOUR COACH IS THE LAST OPTION.</p>	<p>2 METRES TRY TO STAY 2 METRES AWAY FROM OTHERS AS MUCH AS YOU CAN.</p>	<p>PUT YOUR BELONGINGS IN YOUR 'SAFE AREA'. APPLY SOME HAND SANITISER.</p>	<p>YOUR COACH WILL TELL YOU WHAT TO DO NEXT.</p>
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3. DURING TRAINING

<p>5 – 17 YEAR OLDS CONTACT TRAINING IS PERMITTED DURING THE SESSION. STAY 2 METRES AWAY FROM YOUR COACH</p>	<p>ONLY TOUCH EQUIPMENT WHEN ASKED.</p>	<p>COVER YOUR MOUTH AND NOSE WITH A TISSUE OR YOUR SLEEVE (NOT YOUR HANDS) WHEN YOU COUGH OR SNEEZE. NO SPITTING</p>	<p>PUT YOUR TISSUE IN THE BIN IMMEDIATELY AND USE YOUR HAND SANITISER.</p>	<p>FIRST AID AREA 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.</p>
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4. AFTER TRAINING

<p>RETURN TO YOUR 'SAFE AREA' TO COLLECT YOUR BELONGINGS.</p>	<p>APPLY SOME HAND SANITISER.</p>	<p>GET A THUMBS UP FROM YOUR PARENT AND COACH BEFORE LEAVING THE 'SAFE AREA'.</p>	<p>2 METRES TRY TO STAY 2 METRES AWAY FROM OTHERS AS MUCH AS YOU CAN.</p>
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Further details of the 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 and club app www.myclub-hub.com

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.

On reading this you consent to your child returning to training

Fees: The resumption of club fees will be from the 1st of April after two months at a reduced rate.

Anyone with any issues regarding the resumption of fees please contact Sarah (Club Development Officer): dryburghathleticccc@gmail.com

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

Kind Regards,

The Committee - Dryburgh Athletic Community Club SCIO