



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 13th 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 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 1st August. 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.

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

PLAYERS
Contact training is permitted during the session

GROUP SIZE
Max 10 players + 2 coaches

COACHES
Stay two metres physically distant from players

SMALL SIDED GAMES
Within your own club only

MATCHES/FESTIVALS/EVENTS
Not permitted at this time

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)

FACILITIES

OUTDOOR PITCHES

INDOOR PITCHES

PUBLIC HEALTH MESSAGES

Wash hands or sanitise before and after any activity

Please follow all relevant Scottish Gov Guidance

MENTAL HEALTH & WELLBEING

This has been a challenging time for all of the football family

Stay in touch and please continue to look after one another


PROTOCOLS

Share your protocols with all members, including Test and Protect

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

SFA guidance

Parent/Carer Guidelines




DRYBURGH ATHLETIC COMMUNITY CLUB – PARENT GUIDE

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1. PREPARING FOR TRAINING

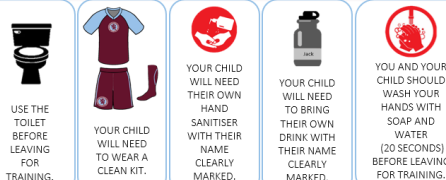
- PLEASE READ THROUGH YOUR TEAM RISK ASSESSMENT.
- SIGN THE TRAINING CONSENT FORM.
- RETURN THE FORM TO YOUR COACH.



PLEASE READ THROUGH THE PARENT AND PLAYER GUIDANCE.

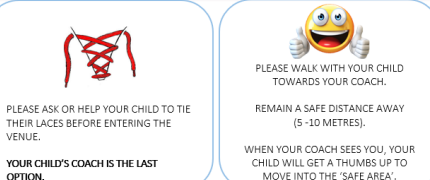
2. BEFORE TRAINING

- USE THE TOILET BEFORE LEAVING FOR TRAINING.
- YOUR CHILD WILL NEED 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.



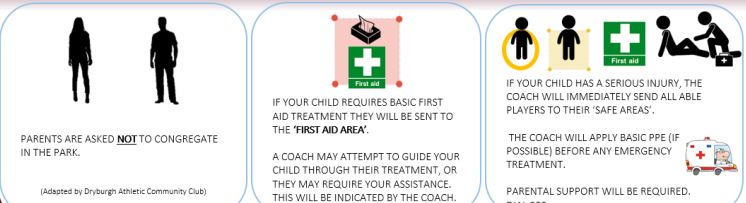
3. ARRIVING AT TRAINING

- 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

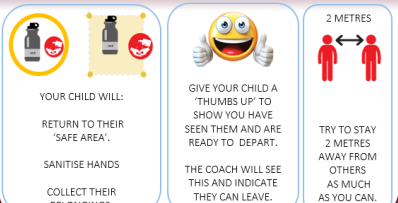
- PARENTS ARE ASKED **NOT** TO CONGREGATE IN THE PARK.
- IF YOUR CHILD REQUIRES BASIC FIRST AID TREATMENT THEY WILL BE SENT TO THE 'FIRST AID AREA'.
- A COACH MAY ATTEMPT TO GUIDE YOUR CHILD THROUGH THEIR TREATMENT, OR THEY MAY REQUIRE YOUR ASSISTANCE. THIS WILL BE INDICATED BY THE COACH.
- IF YOUR CHILD 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




(Adapted by Dryburgh Athletic Community Club)

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.



Parent guide - Back to training

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.
- 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

FEELING UNWELL?
SPEAK TO YOUR PARENT/CARER THEY KNOW THE SYMPTOMS TO LOOK FOR.

WEAR A CLEAN KIT

GO TO THE TOILET BEFORE LEAVING FOR TRAINING.

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

BRING YOUR OWN WATER BOTTLE. PUT YOUR NAME ON IT.

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

ONLY TRAVEL IN A VEHICLE WITH MEMBERS OF YOUR HOUSEHOLD. TRY TO AVOID PUBLIC TRANSPORT (IF POSSIBLE)

2. ARRIVING AT TRAINING

TIE YOUR LACES OR ASK A PARENT/CARER TO HELP. YOUR COACH IS THE LAST OPTION.

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

PUT YOUR BELONGINGS IN YOUR 'SAFE AREA'.

APPLY SOME HAND SANITISER.

YOUR COACH WILL TELL YOU WHAT TO DO NEXT.

3. DURING TRAINING

5 – 17 YEAR OLDS
CONTACT TRAINING IS PERMITTED DURING THE SESSION.
STAY 2 METRES AWAY FROM YOUR COACH

ONLY TOUCH EQUIPMENT WHEN ASKED.

COVER YOUR MOUTH AND NOSE WITH A TISSUE OR YOUR SLEEVE (NOT YOUR HANDS) WHEN YOU COUGH OR SNEEZE.
NO SPITTING

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

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.

4. AFTER TRAINING

RETURN TO YOUR 'SAFE AREA' TO COLLECT YOUR BELONGINGS.

APPLY SOME HAND SANITISER.

GET A THUMBS UP FROM YOUR PARENT AND COACH BEFORE LEAVING THE 'SAFE AREA'.

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

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.

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

I am happy to return to football training with the appropriate precautions and safety measures in place.

I have read and understood the Player, Coach and Parent Covid-19 return to football guidelines issued by the club.

I will follow all Covid-19 guidelines issued by the club.

I agree that my contact details can be shared with registered coaches and officials within Dryburgh Athletic Community Club and I am happy to be contacted in the event of an emergency.

Please tick the declaration to ensure your child/player can train

Club fees

The Community Club committee took the decision to reduce **ALL** club fees when training was suspended back in March.

We will now resume full payment of fees from **September 1st**, giving you another month at reduced rate.

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

