



Bayside Football Club

Acceptance of 'return to training' COVID guidelines



Tick Box

I Agree:

Initial

- That I have read, understood and will follow the Player Guidance COVID 19 Support Phase 3 Return To Football document.
- If applicable, that I have read, understood and will follow the Parent Guidance COVID 19 Support Phase 3 Return To Football document.
- I will take responsibility for my actions and (if applicable) my child's actions when travelling to, while at, and when travelling from training with Bayside Football Club.
- If my child is under 12 years of age I will remain at Pitreavie during training sessions.
- I will ensure that I / my child does not enter the pavilion at Pitreavie unless for toilet or other emergencies.
- I will ensure that I / my child does not infringe social distancing guidelines with players, coaches and adults and will observe the rules around the training bubbles.
- I will observe and adhere to any further COVID-related guidance issued by Bayside Football Club in the near future.
- I am aware that there is some level of COVID-related risk taking my child / myself to training and I do not hold Bayside Football Club responsible for any subsequent illness, financial loss or death as a result.



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v2.1.14/07/2020 | Bayside Community Football Club | Scottish Registered Charity 500 41746



PLAYER GUIDANCE

COVID 19 SUPPORT | PHASE 3 | RETURN TO FOOTBALL



BEFORE LEAVING FOR TRAINING

- WEAR A CLEAN KIT
- BRING YOUR OWN HAND SANITISER
PUT YOUR NAME ON IT
- BRING YOUR OWN DRINK
PUT YOUR NAME ON IT
- WASH YOUR HANDS WITH SOAP AND WATER FOR 20 SECONDS

ARRIVING AT TRAINING

- ENSURE YOUR LACES ARE TIED SECURELY
YOUR COACH CANNOT HELP
- FOLLOW YOUR COACHES DIRECTIONS TO YOUR SAFE AREA
- PUT ALL 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 OR HEAD
- PLAYER CONTACT IS ONLY ALLOWED DURING EXERCISES
AT ALL OTHER TIMES STAY 2 METRES (3 STEPS) AWAY FROM ANYONE ELSE
- RETURN TO YOUR SAFE AREA FOR WATER BREAKS WHEN INSTRUCTED
- REMEMBER TO COUGH OR SNEEZE INTO YOUR ELBOW
NO SPITTING ALLOWED
- FOLLOW YOUR COACH'S INSTRUCTIONS
YOUR PARENT MAY BE ASKED TO ASSIST

DEPARTING TRAINING

- RETURN TO YOUR SAFE AREA
- APPLY SOME HAND SANITISER
- COLLECT ALL YOUR BELONGINGS
- LEAVE YOUR SAFE AREA WHEN YOUR COACH GIVES YOU THE OK
MAINTAIN 2m DISTANCING
- AS SOON AS POSSIBLE WASH YOUR HANDS WITH SOAP AND WATER FOR 20 SECONDS

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PARENT GUIDANCE

COVID 19 SUPPORT | PHASE 3 | RETURN TO FOOTBALL



PREPARING FOR RETURN

- YOU SHOULD REVIEW THE PARENT & PLAYER GUIDANCE
- COMPLETE THE 'RETURN TO TRAINING' DECLARATION ON MY CLUB HUB

YOUR CHILD SHOULD NOT ATTEND TRAINING IF ANYONE IN YOUR HOUSEHOLD SHOULD BE ISOLATING BASED ON SCOTTISH GOVERNMENT GUIDELINES

FIRST AID INFORMATION

- ONLY EMERGENCY FIRST AID CAN BE GIVEN DIRECTLY BY COACHES. OTHERWISE FIRST AIDERS WILL ASSIST CASUALTIES FROM A DISTANCE, SUPPORTING THEM TO TREAT THEMSELVES.
- YOU MAY BE REQUIRED TO ASSIST

BEFORE TRAINING

- PLEASE GIVE THE TEAM COACH AS MUCH NOTICE AS POSSIBLE OF ATTENDANCE OR ABSENCE TO ENABLE EFFECTIVE GROUP PLANNING
- YOUR CHILD SHOULD WEAR A CLEAN KIT
- YOUR CHILD SHOULD BRING THEIR OWN HAND SANITISER AND DRINK
BOTH WITH NAME CLEARLY LABELLED
- YOUR CHILD SHOULD WASH THEIR HANDS WITH SOAP AND WATER FOR 20 SECONDS
- TOILET FACILITIES AT PITREAVIE MAY BE LIMITED
BE PREPARED...

AT TRAINING

- PARENT'S CAR PARKING WILL BE ON THE GRASS (SOCCER 7s MATCHDAY PARKING AREA)
PLEASE RESPECT THIS ARRANGEMENT
- ENSURE YOUR CHILD'S LACES ARE TIED SECURELY
YOUR CHILD'S COACH CANNOT HELP
- AT THE PITCH YOUR CHILD'S COACH WILL DIRECT THEM TO THEIR SAFE AREA
- PLEASE ENSURE YOU ARE CONTACTABLE BY MOBILE PHONE AND REMAIN ON-SITE IF YOUR CHILD IS UNDER 12
- IF YOU WISH TO OBSERVE THE SESSION YOUR CHILD'S COACH WILL ADVISE A SUITABLE VIEWING AREA

DEPARTING TRAINING

- YOUR CHILD WILL RETURN TO THEIR SAFE AREA AND APPLY HAND SANITISER
- YOUR CHILD WILL LEAVE THEIR SAFE AREA WHEN THEIR COACH SEES YOU AND GIVES THE OK
- ENSURE YOUR CHILD HAS COLLECTED ALL THEIR BELONGINGS BEFORE LEAVING THE VENUE
- AS SOON AS POSSIBLE WASH HANDS WITH SOAP AND WATER FOR 20 SECONDS



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COACH GUIDANCE

COVID 19 SUPPORT | PHASE 3 | RETURN TO FOOTBALL



PREPARING FOR RETURN



PLAYERS CAN ONLY ATTEND IF THEIR PARENT HAS COMPLETED THE 'RETURN TO TRAINING' DECLARATION ON MCH



BEFORE THE FIRST SESSION, PLAYER & COACH 'TRAINING BUBBLES' SHOULD BE DECLARED TO THE COVID COORDINATOR. BUBBLES **CANNOT** SUBSEQUENTLY MIX

FIRST AID INFORMATION



ONLY EMERGENCY FIRST AID CAN BE GIVEN DIRECTLY BY COACHES. OTHERWISE FIRST AIDERS SHOULD ASSIST CASUALTIES FROM A DISTANCE, SUPPORTING THEM TO TREAT THEMSELVES.

ENSURE YOU HAVE UP TO DATE EMERGENCY CONTACT DETAILS

BEFORE TRAINING



PLAN YOUR SESSION AND AREA LAYOUT IN ADVANCE ALLOWING FOR EXPECTED NUMBERS OF PLAYERS



LAY OUT SAFE AREAS USING CONES OR HOOPS 2 METRES APART FOR PLAYERS TO DEPOSIT BELONGINGS



BRING YOUR OWN HAND SANITISER



ENSURE YOUR FIRST AID KIT CONTAINS ADDITIONAL BASIC PPE (FACE COVERING, DISPOSABLE GLOVES)



EQUIPMENT TO BE USED SHOULD BE DISINFECTED
BIBS SHOULD NOT BE USED

AT TRAINING



ON ARRIVAL DIRECT PLAYERS TO THEIR SAFE AREA AND REMIND THEM TO APPLY HAND SANITISER



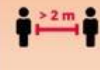
RECORD ATTENDANCE FOR CONTACT TRACING PURPOSES



REMIND PARENTS TO BE CONTACTABLE AND FOR U12s REMAIN ON-SITE INDICATE WHERE THEY CAN VIEW THE SESSION FROM



REMIND PLAYERS NOT TO TOUCH TRAINING EQUIPMENT WITH THEIR HANDS OR HEAD



PLAYER CONTACT IS **ONLY** PERMITTED DURING EXERCISES, OTHERWISE THEY SHOULD MAINTAIN 2 METRE DISTANCE

ENDING TRAINING



RETURN PLAYERS TO THEIR SAFE AREAS AND REMIND THEM TO APPLY HAND SANITISER



ALLOW PLAYERS TO LEAVE THEIR SAFE AREA AND JOIN THEIR PARENT WHEN SAFE
AVOID BOTTLENECKS AT EXITS



CHECK EACH CHILD HAS COLLECTED ALL THEIR BELONGINGS



BRING IN EQUIPMENT
PLAYERS AND PARENTS SHOULD NOT BE ASKED TO HELP



PROTECT YOURSELF
APPLY HAND SANITISER AND WASH HANDS AS SOON AS POSSIBLE

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TRAINING BUBBLES

- WE WILL BE IMPLEMENTING A SYSTEM OF 'TRAINING BUBBLES' TO HELP LIMIT EXPOSURE AND SIMPLIFY THE CONTACT TRACING PROCESS.
- COACHES AND PLAYERS WILL BE ORGANISED INTO BUBBLES BY EACH AGE GROUP'S HEAD COACH.
- THESE BUBBLES MUST BE DECLARED TO BRIAN MOFFAT, THE CLUB COVID COORDINATOR, PRIOR TO THE RESTART.
- OTHER THAN JOINERS OR LEAVERS, THE BUBBLES ARE THEN FIXED UNTIL GUIDELINES CHANGE.
- COACHES AND PLAYERS FROM ONE BUBBLE **CANNOT MIX** WITH ANOTHER, EVEN ON DIFFERENT DAYS. **THIS IS REGARDLESS OF AGE.**
- FROM A BUBBLE, UP TO 10 PLAYERS AND MAX OF 2 COACHES ARE PERMITTED TO ATTEND EACH TRAINING SESSION. BUBBLES CAN BE LARGER THAN THIS, IN WHICH CASE A ROTA SYSTEM SHOULD BE USED FOR THE PLAYERS AND/OR COACHES ATTENDANCE.

CONSIDERATIONS

- IF ALL COACHES FOR A BUBBLE ARE UNAVAILABLE, THAT BUBBLE CANNOT TRAIN THAT DAY. COACHES FROM OTHER BUBBLES CANNOT HELP OUT.
- LARGER BUBBLES WILL MITIGATE THAT RISK BUT WITH THE DOWNSIDE OF POSSIBLY HAVING TO ROTA PEOPLE OUT.
- TRY TO MAXIMISE THE NUMBER OF PLAYERS ABLE TO ATTEND BUT BALANCED WITH, AS MUCH AS POSSIBLE, GUARANTEEING COACH NUMBERS TO ENABLE SESSIONS TO GO AHEAD.
- EACH BUBBLE SHOULD ALWAYS HAVE A FIRST AIDER IN ATTENDANCE, OR AS A MINIMUM BE TRAINING NEXT TO A GROUP WITH A FIRST AIDER.

EXAMPLES

SQUAD OF 11 PLAYERS WITH 3 COACHES



- SUGGESTED STRUCTURE - ONE BUBBLE THAT CONTAINS ALL PLAYERS AND COACHES
- ROTA REQUIRED WITH ONE PLAYER AND ONE COACH LEFT OUT OF EACH SESSION

SQUAD OF 19 PLAYERS WITH 5 COACHES



- SUGGESTED STRUCTURE - TWO BUBBLES
- BUBBLE A WITH 10 PLAYERS AND 3 COACHES
- BUBBLE B WITH 9 PLAYERS AND 2 COACHES
- ROTA REQUIRED FOR COACHES IN BUBBLE A
- BUBBLES A AND B TRAIN AS SEPARATE GROUPS IN SEPARATE AREAS.