



TRAINING & MATCH DAY POLICY

Name - The Club is registered with the Cheshire County FA as **Upton Junior Football Club (Chester)**.

Status - Registered Charity Number 1172690

I. Training and Match Day Coaching

At all training sessions and matches there must be at least 2 CRC accredited volunteers who have completed the FA first aid and safeguarding training and are registered to the club on the FA Whole Game System.

II. Training and Match Day Kit & Equipment

FA Laws of the Game and FA Rules - Law:4 "The Players' Equipment" can be found here - <http://www.thefa.com/football-rules-governance/lawsandrules/laws/football-11-11/law-4---the-players-equipment>.

In accordance with this and guidance from Cheshire FA, the following rules apply to players of all ages:

1. Players who wear glasses must wear sports glasses which do not contain metal or glass. This is for the safety of the player and other participants.
2. No player should train or play with any jewellery, especially pierced earrings.
3. All players must have shin pads, appropriate protective clothing (for example goalie gloves) and footwear suitable for the playing surface (see Law 4 for more detailed information).
4. All long hair should be appropriately tied back.

In addition, the club recommends the following:

1. Players should bring a drink to every match or training session; due to hygiene concerns the club does not provide water bottles.
2. For Junior players (U18's), it is each parent/guardian's responsibility to ensure that their children are suitably dressed for the weather for all matches and training sessions. Football can be played in very cold and wet conditions and children need to be suitably dressed. Please take note of the following:

As a club we recognise that, during cold weather, it is difficult for players who are on the touchline. Each Manager will endeavour to rotate players, however, as a minimum, players should attend training and matches with a waterproof coat or training jacket to wear over their kit. Under kit thermals are also highly recommended, which should be black or the same colour as the match day kit (shorts and tops).



Club branded clothing is not essential but a link to the club shop can be found here <https://www.kitlocker.com/uptonjfc/>.

III. Footwear (Boots) for Winter Training Venues

Venue	No	Yes
Chester Rugby Club	Astro turf, flat soled trainers or blades.	Screw in metal or moulded studs
Blacon High School	Screw in metal studs, blades (metal or plastic) or flat sole trainers.	Moulded studs and astro turf trainers
Ellesmere Port Sports Village	Blades or general trainers.	Screw in or moulded studs. Astro turf trainers are permitted but not ideal.
Kings School	Studded or blades boots or flat shoes.	Multi studded trainers (astros) or flat soled trainers.
The Cheshire County Sports Club	Blades or general trainers.	Screw in or moulded studs. Astro turf trainers are permitted but not ideal.

Note: All footwear must be clean (no mud). Where available, please use the black brushes to clean any debris.

IV. First Aid Kits

First aid kits must be present at every training session and match and must be fully equipped in accordance with the club's standard list. Replacement kit is available from the Resources Managers.

V. FA Respect Policy

Coaches are responsible for the conduct of Club supporters and must adhere to, and enforce, the FA Respect Codes of Conduct at all times, which can be viewed <http://www.thefa.com/get-involved/respect/play-your-part>.

Respect barriers must be in place at every match in accordance with the relevant leagues guidelines. Where possible barriers should be in place on both sides of the pitch, with home and away teams on opposite sides of the pitch. Coaches must always be on the same side of the pitch as the team supporters.

VI. Health & Safety

Managers should always check the venue for obvious hazards:

1. Is it safe, are there any obstacles, check the pitch for dangerous materials (glass, dog fouling etc)
2. Is it accessible – in case of an emergency.
3. Check the goalposts – always follow FA safety guidelines:
 - All goal posts must be secured to the ground
 - Goals must be suitable for the age group
 - Players should NEVER be allowed to climb on goals.
 - Check playing equipment (corner flags/ ball/ etc)

VII. Dropping off and Collecting Players at Training and Matches

For children 13 or under:

1. Players should be collected from training and matches by a parent or designated adult.
2. If someone else is collecting your child, please ensure that the Coach knows of the arrangement.
3. We recommend that, when taking and collecting your children to and from training, you accompany them to and from the pitch for their safety.
4. If you are late collecting your child, please contact the Coach who will arrange to stay with your child until you arrive. Please try to be on time and respectful of the coach's time.
5. All parents are responsible for their children if they are allowed to travel home on their own.
6. We advise you to tell your children not to go home with anyone else unless you have agreed with them in advance, even if they know the person concerned.

VIII. Player Welfare & Safeguarding

Please refer to the Club's Welfare policy for advice and guidance about the welfare of your players. This can be found on the club's website <http://uptonjfc.org/club-welfare/>

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