**Update to Football Activity - Coaches Update 26 July 2020**

Following the detailed FA guidance, issued on the 17th July 2020, for the return to outdoor competitive grassroots football, the Club is issuing the following update which is **in addition** to the previously issued Club Guidance. The following summarises the actions needed by Upton JFC volunteers, for pre-season friendlies, matches and tournaments and is also relevant if “match play” is incorporated into training sessions:

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| **FA Guidance (summarised)** | **Club Guidance** |
| The Club will make relevant participants aware of any increased risk associated with taking part in football activity. | **The Club** will email all members to advice that match play will now be included in training sessions and ask parents to consider if they are still happy for their child to participate.  **Coaches** please reinforce this message in communication to parents. |
| **Pre-match handshake** should not happen. Instead players will be asked to hand-sanitise before kick-off. | **Coaches** should brief players about this guidance before each match.  **Parents** to bring hand sanitiser and players to use as required (already advised) |
| **Team talk huddles** should not take place. Team talks can take place, as long as social- distancing is observed and held outdoors where possible.  **Warm-ups/cool-downs** should always observe social distancing.  **Coaches, other team staff and substitutes** are allowed, but must also always observe social distancing on touchlines/dug-outs. Social-distancing must also be observed during interactions when a substitution is being made. | **Spectators, players and coaches** to observe social distancing when watching/not playing or taking part in a match. |
| **Set plays – free kicks:** referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls.  **Set plays – corners** should also be taken promptly to limit prolonged close marking.  **Goal celebrations** should be avoided.  **Interactions with referees and match assistants** should only happen with players observing social distancing.  **Shouting.** If possible, players should therefore avoid shouting or raising their voices when facing each other during, before and after games. This is included within The FA’s Code of Behaviour.  **Spitting**. Everyone should refrain from spitting. | **Coaches** should brief players about this guidance before each match. |

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| **Goal posts** should be wiped down before matches, after matches and at half time. | **Coaches** must not use goal posts at Wealstone Lane (except pop up goals).  Poles can be used, shared poles from the container should be wiped down after each session with anti-viral wipes. |
| **Small-sided football** should be modified to provide more regular hygiene breaks in activity. | **Coaches** to adjust match play to allow for suitable hygiene breaks. |
| **Youth football** coaches are encouraged to limit persistent close proximity of participants during match play (where young participants may be more likely to cluster around the ball) and provide regular hygiene breaks in activity. | **Coaches** should adjust according to their age group; where appropriate, play should be stopped, and players reminded about clustering around the ball. |
| All participants must remain socially distanced during breaks in play. Players and officials should also observe social distancing during sin-bin instances | **Coaches** will monitor social distancing for all participants who are not playing or taking part in matches. |
| **Equipment**. The sharing of equipment must be avoided where possible. Where equipment is shared, equipment must be cleaned before use by another person. | **Coaches** to ensure that team equipment is not shared and should be handled only by coaches, see above for advice on poles and goals. |
| **Ball handling**. When the ball goes out of play it should not be retrieved by non-participants and should be retrieved using the feet rather than the hands where possible. Where there are breaks in the game, or training, if throw-ins or handling has occurred the ball should be disinfected | **Coaches**, if a ball is handled during match play at a training session, a replacement ball will be used, and the handled ball put away until the following session.  At training sessions, the club recommends the use of a “kick in” as opposed to a “throw in” to reduce ball handling |
| **First Aid**. After contact with an injured participant, the person who has administered first aid should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact or social distancing was maintained. The first aider should also avoid touching their mouth, eyes and nose | **Coaches/First Aiders** will be sent by email the FA First Aid guidance, please read. |

Guidance previously issued to all Club Members in June 2020 for reference:

**Re-starting Football Activity**

Based on the Club’s Covid-19 (CV) risk assessment, the following guidelines and actions have been put in place by the Club to ensure the safe return to football training for all our members:

**In line with government guidelines, vulnerable people, anyone showing Covid-19 symptoms, or anyone living with someone who is showing symptoms, must not attend training.**

**Any player displaying symptoms will be asked to leave the training session.**

Parents/Guardians of Junior Players are responsible for:

* Staying at training sessions and being responsible for their own social distancing
* Ensuring that players are registered with the club and that the club guidelines have been accepted on Love Admin.
* Adhering to government social distancing guidelines at all times, and especially when arriving at, and leaving, training sessions.
* Adhering to all instructions from Club volunteers.
* Ensuring that players hands are washed before each training session.
* Where required, bringing hand sanitiser for each child labelled with their child’s name.
* Tending to minor first aid injuries for their child.
* Where toilet facilities are available, parents/guardians are responsible for taking their child to the toilet and maintaining hygiene in accordance with government guidelines.
* Explaining the format of training to their children so they know what to expect when they return.
* Bringing a labelled water bottle to training and keeping hold of that bottle.
* Ensuring that their child is ready to return to football training.

Action for all Players & Volunteers

All players must adhere to government guidelines when travelling to and from training sessions.

General Guidelines

Not all facilities will have toilets available so please ensure your child has been to the toilet before they come to training sessions. **The use of 3rd party facilities is not the Club’s responsibility and the Club is not liable for any consequences of using such facilities.**

The Club is responsible for:

* Arranging training sessions to be 45 mins long to allow for one team to leave the field/venue before another starts.
* Where possible implementing a one-way system at training venues, if this is not possible, coaches must appoint a designated person from each team to oversee arrival and departure of players.
* Pitch allocation to ensure space is adequate for team size.
* Providing appropriate PPE for all volunteers for emergency aid purposes.
* Providing all Club members with details of the guidelines and requirements
* The Club has the right to exclude any parent, volunteer or player who does not comply with the required guidelines.
* Coaches should regularly contact junior parents/players to remind them of their obligations not to send players to training, if they, or anyone in their household, are displaying any Covid-19 symptoms.
* The Club will regularly contact junior parents and players to remind them of their obligations not to attend training if they, or anyone in their household, are displaying any Covid-19 symptoms.

Coaches are responsible for:

* Ensuring that training groups are appropriately spaced out to adhere to government guidelines
* Ensuring that there are adequate volunteers to lead the groups as per government guidelines
* Ensuring that a designated volunteer is available to oversee arrival at training in accordance with government guidelines.
* Planning training sessions to ensure long warm-ups and low intensity training to avoid injury
* Administering emergency aid if needed.
* Leaving the facility as promptly as possible.
* Putting out and taking in cones and balls etc
* If Bibs are to be used, these must not be shared and should be washed after use.
* Ensuring that goalie gloves are not shared.
* Coaches should regularly contact junior parents/players to remind them of their obligations not to send players to training if they, or anyone in their household, are displaying any Covid-19 symptoms.
* If any player displays symptoms of Covid-19 during the training session, they will be asked to leave the session.
* Communicate the format of training to parents so they can pass this information to the players

**Note: goals must not be used until we are advised that this is safe to do so.**

For any queries or concerns, please do not hesitate to get in touch with a member of the Exec Committee.

**Upton JFC Exec Committee**