



UPTON JUNIOR FOOTBALL CLUB

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

1. At all training sessions and matches there must be at least 2 coaches with the following qualifications:
 - a. FA DBS
 - b. FA Introduction to First Aid course
 - c. FA Safeguarding Children course

Coaches must be registered with the club on the FA Club Portal.

2. It is the coach's responsibility to ensure that all required qualifications are kept up to date. Failure to do this will result in the coach being unable to take part in training and matches.

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---theplayers-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 is permitted to train or play with any jewellery, including pierced earrings. Using tape to cover jewellery is not acceptable.
3. All players must have shin pads and long socks, appropriate protective clothing (for example goalie gloves) and footwear suitable for the playing surface (see Law 4 for more detailed information). Players cannot train or play games without shin pads.
4. All long hair should be appropriately tied back with no metal clips or hairbands.
5. No hoodies or attire with drawstrings can be worn.

In addition, the club recommends the following:

1. Players should bring a drink of water to every match or training session. Due to hygiene concerns the club does not provide water bottles.
2. For Junior players (U18s), it is each parent/guardian's responsibility to ensure that their child(ren) is/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, players who are on the touchline need to stay warm. Each Manager will endeavour to rotate players, however, as a minimum, players should attend training and matches with a waterproof coat and warm layer (jumper, sweatshirt) to wear over their kit. Under kit thermals are also highly recommended, for matches these must be the same colour as the match day shirt.

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

III. Coaches attire

At training and matches coaches must always wear and be visible in Upton JFC attire; a blue Upton JFC branded top and black club shorts or trackpants. Any coach needing these items email uptonjfcikit@gmail.com.

Coaches should not participate in training sessions except to carry out demonstrations, in these instances it is recommended that coaches do not wear glasses with metal frames or glass lenses.

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 Equipment Manager, email uptonjfcquipment@gmail.com

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 [here](#).

Respect barriers must be in place at every match in accordance with the relevant league 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.

For Cheshire Girls League matches the home and away teams should be on the same side of the pitch.

Coaches must always be on the same side of the pitch as the team supporters.

VI. Venue Rules & Guidance

All coaches agree to abide by the Rules, Governance and Health & Safety Requirements for all venues, including ensuring that all players wear the appropriate footwear as per the table below.

Venue	Yes	No
Ellesmere Port Sports Village	Screw in or moulded studs. Astro turf trainers are permitted but not ideal.	Blades or general trainers.
The Cheshire County Sports Club	Screw in or moulded studs. Astro turf trainers are permitted but not ideal.	Blades or general trainers.
King George V Sports Hub, Blacon	Moulded or short screw in studs; short blades; hybrid studs and blades	No flat soled shoes or trainers.
Upton High School	Astro turf trainers or flat sole trainers. Blades not ideal.	Screw in metal studs.
Kings School	Astro boots or flat soled trainers	Screw in or moulded studs
Chester Rugby Club	Screw in metal or moulded studs	Astro turf, flat soled trainers or blades.
Kings Moat	Moulded or short screw in studs; short blades; hybrid studs and blades	No flat soled shoes or trainers.

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

Dale Camp: All coaches must adhere to the Site Rules and Regulations:

1. The site can be accessed between the following hours:
 - a. Saturday 08:30 – 12:00 All year.
 - b. Sunday 12:00 – 16:00 All year.
 - c. Wednesday: 17:30 – 20:30 April – September.

No access is allowed outside of these times.

2. Coaches who need to open the Pavilion will need to have their name and a photo submitted to the MOD, no unauthorised coaches will be able to open or close the Pavilion.
3. The Pavilion key must be signed out from, and returned to, the Guardroom by 2 coaches, with name clearly visible.
4. All coaches must be on the verified list as per point 2 above and have identification whilst on the premises.
5. Access to the pitches is as via Prosser Road to the car parks and the pitches with no access to any other parts of the Dale Barracks.
6. Access is limited to the grass football pitches and the Pavilion for storing equipment and use of the toilets.
7. Nets must be taken down and stored away in the correct storage boxes, labelled UPTON JFC.
8. Cars must be parked in the designated car parks (at the owner's risk) and must not encroach on any grass area.
9. Teams are not permitted to use the grass pitches if they are deemed unplayable, or in the event of a national or military emergency.
10. Pitches must only be used for the purpose of the License (football matches and training)
11. Coaches must ensure that all players, coaches and supporters (inc. opposition) do not cause any "inconvenience, nuisance, annoyance or offence to the Licensor, other users of the property and Dale Barracks and the owners and occupants of the adjoining property".
12. All litter and rubbish must be removed from the property at the end of each session.
13. The property and right of way must be left clean and tidy.
14. No consumption of alcohol or drugs on the premises.
15. No dogs are allowed, except assistance dogs.
16. No photography or filming is allowed.
17. No glass to be taken onto the pitches.
18. Not to permit any unseemly or disreputable behaviour on the property and to remove any persons who display this behaviour as soon as possible.
19. All equipment must be returned to the Pavilion and the building left tidy and secure. Two coaches to confirm this has been done and sign out at the Guardhouse.

Dale Camp & Wealstone Lane: When locking up the Pavilion, 2 coaches must be present and must inspect the facility to confirm all is in order and that no one is in the toilets or changing rooms.

Wealstone Lane: The alarm must be set when locking and leaving the Pavilion, 2 coaches must confirm this has been done. CCTV is in operation to check on this.

VII. 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)
 - When putting up goals, long poles must be carried by 2 people, this avoids anyone swinging the pole around and injuring another person.
4. Please read the Upton JFC Emergency Action Plan and have a copy of this with your first aid kit for all training sessions and games. This provides details about access points, locations and defib placements for all venues.

VIII. Dropping off and Collecting Players at Training and Matches For children 13 or under:

1. The Club requires a parent or designated adult to be present at training to take responsibility for each child immediately before and after each training session or match.
2. Please accompany your child to and from the pitch for their safety.
3. Players must be collected from training and matches by a parent or designated adult.
4. If someone else is responsible for your child, please ensure that the Coach knows of the arrangement.
5. 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.
6. All parents are responsible for their children if they are allowed to travel home on their own. This information must be made available to the Coaches.
7. 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.
8. A parent or designated adult should stay pitch side during training and games.

IX. 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/>. Speak to the Team's Managers and/or Club Welfare Officer if you have any concerns.

Reviewed and Approved June 2026