



Lytchett Matravers Football Club

Return to Football Training Strategy

Now that we have received the green light from the FA and Dorset County Football Association to resume training, the club are pleased to confirm that football training will be commencing on 27th June 2020. We have had to introduce several new measures in order to adhere to the current government guidelines in relation to Covid19. Therefore, it is all going to look a little different for the children and this guide will inform you of what you can expect. Please be assured that the committee and welfare team have come up with a plan that ensures everyone's safety and gets the children back doing what they love.

Current Guidance

The FA guidance, in line with the current Government guidance, allows for a maximum number of 5 players and 1 coach. Social distancing must be maintained throughout the sessions. We will update the club as and when the guidance is next updated.

Updated Guidance on Permitted Grassroots Football Activity During COVID-19 - 12 June 2020



The FA has today issued further guidance to all grassroots football and informal football activity outside the professional game following The Government's relaxation of COVID-19 restrictions from 1 June 2020.

Consistent with Government advice, published on Monday 1 June, the following outdoor football activity is currently permitted:

PLAYING FOOTBALL INDIVIDUALLY

e.g. practice of individual skills or fitness activities



PLAYING FOOTBALL WITH YOUR FAMILY OR OTHER PEOPLE LIVING IN YOUR HOUSEHOLD



FOOTBALL TRAINING OR FITNESS ACTIVITIES IN GROUPS OF NO MORE THAN SIX, KEEPING TWO METRES APART AT ALL TIMES



Sharing of equipment should be kept to a minimum and strong hand hygiene practices should be in place before and after.



Physical contact with anyone outside of your household is not permitted, therefore, playing of any games (small-sided or full) is also not permitted at this time. Avoid meeting in groups of six in busy or overcrowded areas, if it is so busy that it is not possible to maintain social distancing at all times.

FOOTBALL COACHING WITH SMALL GROUPS OF UP TO SIX PEOPLE



Football coaches can now undertake small group sessions with no more than five other people from outside your household but are reminded to follow The FA safeguarding policies when coaching/working with children. This must include risk assessing the activities, gaining consent from parents/carers. Coaches must work on a ratio of one coach to groups of no more than five children in each group (1:5) and there must be a minimum of two FA-DBS checked adults present at any one time – see Download 5.5 at <http://www.thefa.com/football-rules-governance/safeguarding/section-11-the-complete-downloads-directory>



TRAINING FOR TWO OR MORE GROUPS OF SIX (WITH EACH GROUP INCLUDING A COACH)

It is permissible for coaches to organise a training session that has two or more groups of five plus a coach involved, as long as the groups are kept separate, and everyone is socially distancing, and strict hygiene measures are in place.

FOOTBALL COACHES WORKING WITH PEOPLE WITH IMPAIRMENTS



Must ensure they can adequately cater for any additional needs whilst still avoiding physical contact and maintaining social distancing. Individuals should follow Government guidance relevant to their own impairment or health condition.



Please be reminded, if an individual is symptomatic, living in a household with a possible COVID-19 infection or if you are classified as extremely vulnerable on health grounds, the guidance is that you should remain at home.

The FA continues to work closely with the Department for Digital, Culture, Media & Sport (DCMS) and Sport England in order to provide good practice guidance for those responsible for delivering different aspects of grassroots football and we will share further information as soon as possible.

What Will Training Look Like?

The rec has been divided into 8 training areas, with a wider central line to allow the children to safely enter and leave the training areas.



Drop Off/Pick Up:

The coach will meet the children on arrival

Only 1 adult to attend drop/pick up

Youth teams to be dropped off at the bottom end of the rec (nearest Tesco)

Mini teams to be dropped off at the top end of the rec (nearest Village Hall)

Training Times:

There will be a maximum of 2 age groups training at any one time. Training will be divided over Saturday & Sunday and has been reduced to 45 minutes with a 15minute interval between sessions. This will allow people plenty of time for everyone to arrive/leave. We urge you to make sure you arrive and leave promptly in order to avoid the rec becoming too congested

Session	Start Time	Finish Time
Session 1	9:00AM	9:45AM
Transition	9:45AM	10:00AM
Session 2	10:00AM	10:45AM
Transition	10:45AM	11:00AM
Session 3	11:00AM	11:45AM

Hand Washing:

Prior to training starting the coach will walk their group over to the hand wash station outside of the clubhouse (which will remain closed, so please make sure your child has been to the toilet before they come). The children will sanitise their hands and then be led over to their training area.

The same process will happen at the end of the session, the coach will walk the children to the hand wash station before meeting you at the same point you dropped them off.

Spectating:

Parents/carers of all teams, except for Mini Matravets & U7*, are strongly urged to leave after dropping off. If this is not possible please either wait in your car or beyond the bollards around the rec. The largest area to wait will be at the bottom end of the rec but please do not try and walk within any of the training areas. This space is strictly for coaches, players and club volunteers.

We also ask you to be mindful to village residents using the footpaths.

There will not be any toilet facilities or café, the club house will remain closed for the time being.

*We are asking Mini Matravets & U7 parents to stay due to the age of the children and the fact they may be more likely to require assistance from their parent/carer.

Player, Coach & Parent/Carer Responsibilities

These guidelines have been put in place to keep our coaches, players and parents/carers as safe as possible. Please make sure your child is aware of what will be expected from them before attending the first training session.

Do not return to training or allow your child to return to training unless you are comfortable doing so.

Players Responsibilities

Please ensure the following:

- Do not share food, drinks or equipment with anyone.
- Wash/sanitise your hands before and after the training session
- Respect and adhere to current social distancing measures. Maintaining 2 metres from others outside your household on arrival, during and on departure from training.
- No physical contact (including high-fives, handshakes, tackles, group celebrations)
- Limit the equipment you bring with you and please sanitize all equipment before and after sessions
- Make sure you put your belongings next to the colour cone your coach allocates to you

- Do not to attend training sessions if anyone in your household is displaying Covid19 symptoms, including yourself
- Always listen to the coach's instruction



Parents/Carers Responsibilities

Please ensure the following:

- Check your children's temperature before coming to training
- Ensure children's clothes/boots/gloves are washed/sanitized before coming to training and again after the session. The coaches will not be able to tie the children's laces so please ensure their laces are double knotted.
- Notify your coach and the club welfare immediately if your child becomes unwell
- Always adhere to current social distancing guidelines
- Provide your child with a drink in a clearly marked bottle
- Do not attend training sessions if anyone in your household is displaying Covid19 symptoms, including yourself
- Do not give anyone outside of your household a lift to or from training sessions
- Arrive and leave at the agreed time slot promptly
- Supply your child with individual hand sanitiser
- Educate your child on social distancing rules
- Only **one** parent to accompany child to training sessions

Coaches Responsibilities

Please ensure the following:

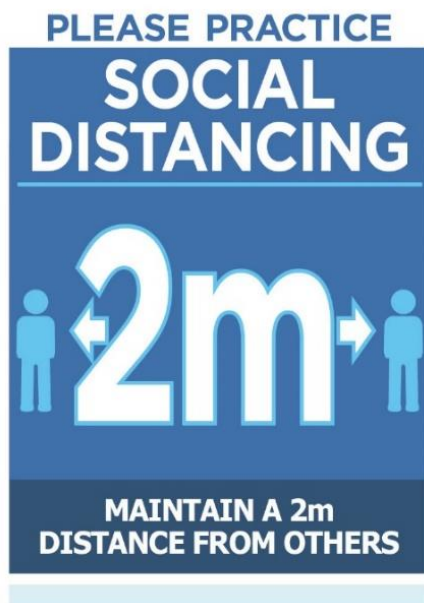
- Respect and adhere to current social distancing measures. Maintaining 2 metres from others outside your household on arrival, during and on departure from training.
- No contact - encourage and demonstrate social distancing
- Use minimal equipment, e.g. no bibs

- Do not attend training sessions if anyone in your household is displaying Covid19 symptoms, including yourself
- Clean all equipment between sessions
- Keep the welfare team updated on any changes
- Ensure training bubbles stay the same
- Maximum group of 5 players (1 coach can oversee 2 separate groups of 5)

The club are extremely excited about welcoming the children back to football training. We hope this guide has allowed you to see the measures we have put in place to keep everyone as safe as possible. Please remember the onus is on parents/carers to go through this guidance with the children so that they know what will be expected from them, and to help them understand that training is going to be different from now on.

Everyone attending the sessions must be adhering to social distancing guidelines at all times, if you or any member of your household is not doing so, we respectfully ask that you do not return to training at the moment.

If you have any questions, please do not hesitate to contact us. We look forward to seeing everyone at the weekend.



Disclaimer

By allowing your child/children to return to football training you are agreeing to adhere to the information within this guidance along with the player and parent/carer responsibilities. The club cannot accept liability for failure to adhere to the guidelines.