



**RETURN TO TRAINING**  
HILLSBOROUGH JUNIOR FOOTBALL CLUB

# PRIOR TO TRAINING CLUB



- Communication with members, officials and coaches about the return to training will include this document, highlighting when not to attend training
- Anyone who attends training who is known to have had symptoms or contact with a known/suspected case in the last 14 days will be refused entry
- Valid Club insurance in relation to football activities is in place
- A Covid-19 Officer has been assigned and is responsible for oversight of adherence to Irish FA and NI Executive guidance
- Training facilities have been risk assessed to ensure guidelines (e.g. social distancing / good hand hygiene) are adhered to
- Consideration has been given to entry and exit procedures
- Signage is displayed at the entrance and around our facilities to promote good hand hygiene and social distancing
- Hand sanitising facilities are available for participants in advance of training



- First Aid: All efforts will be made to maintain social distancing and allow players to self-treat. Where this cannot be achieved, first aid kits will be stocked with appropriate PPE to support this - including gloves and face masks
- All surfaces, equipment and objects will be wiped down before each training session with appropriate anti-bacterial/disinfectant wipes or soap - particularly those frequently touched

# PRIOR TO TRAINING

## EVERYONE

You must not attend training if, in the past 14 days, you:

- Have been unwell or had any flu-like symptoms
- Have been in contact with a known or suspected case of Covid-19
- Have had any respiratory symptoms (even if mild)



# PRIOR TO TRAINING

## PLAYERS/PARENTS/GUARDIANS



- As we progress through the NI Executive five step plan, there will be changes in football activity including the introduction of new arrangements and unfamiliar restrictions. Please support those who are trying to provide a safe re-introduction to football in line with the guidance. You can do this by following the guidance provided by the Irish FA and also the measures introduced by the club/venue as well as ensuring you or your child is familiar with what is expected
- Make yourself and your child aware of the measures being taken to provide a safe environment. If you are not happy with the arrangements that have been made, then you should remove yourself or your child from that environment
- If you or your child has additional disability or medical needs, please let us know and we can then agree how/if these needs can be met within current NI Executive guidance
- Young children are more likely to struggle to maintain social distancing. Please continue to do your best to help your child recognise what social distancing means, looks and feels like – this could be related to relevant arm spans



- Do not car share on the way to or from training with anyone outside your household
- Practice good hand hygiene always

# PRIOR TO TRAINING

## COACHES

- Coaches will consider coaching ratios and adapt activities to the number of children involved. Activities will be planned carefully to ensure this is maintained
- Coaches will be familiar with all safety and hygiene arrangements and communicate these to players, other coaches and parents / guardians
- Coaches will not return to football individually. Instead they will co-ordinate with the Club Covid-19 Officer to ensure that activities are in line with Club policy and that all necessary Covid-19 preparations are in place
- Coaches must remind anyone intending to attend Club activities that, if they are showing symptoms of Covid-19 infection or have been in contact with someone displaying symptoms or diagnosed with Covid-19 within the last 14 days, they should not attend and should seek medical advice



- Before each training session, coaches will ask participants if they have displayed any of the attached symptoms <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice>
- The Club will retain details of all participants at each session (attendance sheet)

# TRAINING PROTOCOLS

## CLUB/COACHES



- Entry will be refused to any person who attends training who is known to have had symptoms of Covid-19, or had contact with a known/suspected case in the last 14 days
- Contact training is allowed (including goalkeepers)
- Everyone must wash hands with hand sanitiser immediately before and after training and during scheduled breaks in training
- A gap of no less than 15 minutes in between scheduled training sessions will be enforced to avoid congregation
- An accurate record of all attendees for the purposes of contact tracing will be kept, including full name, date and time of attendance
- If any player presents to training with COVID-like symptoms, they will be isolated immediately and sent home as soon as possible
- There will be a strict limit of 10 per group, including coaches (i.e. 9 players and 1 coach)
- Separate groups cannot mix
- Social distancing of 1 metre must be maintained other than when not possible during contact training
- No spitting, hand shakes or high fives
- Players should bring their own water bottles. An area will be assigned for each player to place water bottles during training to ensure that social distancing can be adhered to during water breaks
- Drinks should not be shared
- Spectators are not allowed to attend training - only people with an essential role in conducting the training should attend
- No heading of the ball can take place during training
- Handling of equipment will be minimised (e.g. no throw-ins)
- Sharing of equipment will be minimised
- Players will be advised to take training bibs, or other items worn/used during training, home to wash individually
- No social activity must occur once training has concluded
- First Aid: All efforts will be made to maintain social distancing to allow players to self-treat. Where this cannot be achieved, First Aid kits will be stocked with appropriate PPE to support this - including gloves and face masks

# TRAINING PROTOCOLS

## PLAYERS/PARENTS



- Contact training is allowed (including goalkeepers)
- Hands must be washed with hand sanitiser immediately before and after training and during scheduled breaks in training
- Avoid touching your eyes, nose or mouth
- Do not arrive more than 5 minutes prior to training
- Do not congregate at the entry point. Social distance while waiting or remain in your car
- Arrive prepared to train – no changing is allowed at the venue
- Provide your full name, date and time of attendance
- Bring your own drink bottles clearly labelled. No sharing of drink bottles will be permitted
- If reasonably practical, only one parent/carer should take their child(ren) to training
- Spectators may not attend training. Only people with an essential role in conducting training may attend
- Social distancing of 1 metre must be maintained other than during contact training
- No heading of the ball can take place during training
- No spitting, hand shakes or high fives
- Handling of equipment will be minimised (e.g. no throw-ins)
- Sharing of equipment will be minimised
- If training bibs are used, you will be allocated a bib and you must take it home and wash it
- Please leave the venue immediately when training has concluded - no social activity should occur
- Follow exit systems in place and maintain social distancing while doing so
- If you or your child suffers an injury, please self-treat where appropriate. If a First Aider or medical personnel is present, they will be equipped with appropriate PPE to protect themselves and others if they must compromise social distancing guidelines to provide medical assistance