

FAW SAFER RETURN TO TRAINING PROTOCOLS

SENIOR (TIER 3 AND BELOW)

ALL YOUTH, JUNIOR & MINI FOOTBALL & HUDDLE



INTRODUCTION

- The primary aim of this protocol is to support clubs affiliated to the FAW to protect the health & safety of their players, coaches, all essential personnel and volunteers in a safer return to training
- This protocol will be in line with Public Health Wales policy and guidelines at all times
- This protocol will follow all Welsh Government updates on 'Sport, recreation and leisure: guidance for a phased return' and 'Guidance for a Phased Return of Outdoor Organised Activity'
- This protocol will be utilised in line with all other FAW policy documents including Safeguarding
- The FAW, following WG guidance, has identified the return to training date for all clubs to be on or from Monday 13th July 2020
- Clubs will need to adhere to specific protocols and complete necessary documentation in order to return to training from this date
- Currently, no matches – intra-club, friendly or competitive – are permitted until further notice
- This protocol is a live document and is subject to change in line with Government updates



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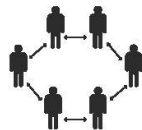


FAW | COVID-19

RETURN TO TRAINING - PHASE 1



Players are permitted to resume low-contact training outdoors with a focus on improving skills and fitness.



You are allowed to play football in groups of up to 6 people (including coach).



You must continue to stay 2 metres apart, to ensure the safety of others. No contact training will be permitted i.e. no tackling or marking.



Intra-club matches, friendly or competitive fixtures are NOT permitted.



Outdoor training area = 1 football pitch (min. 90x45m) per 30 players and coaches. Sharing of training areas is not permitted between clubs.



Clubs will need to complete a COVID-19 risk assessment before returning to training.

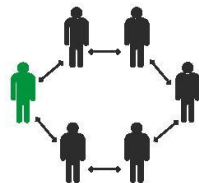


Wash your hands before and after all training. Sharing of equipment should be kept to a minimum and used only when you have to.

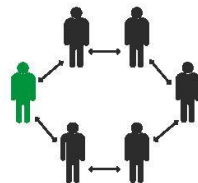


Clubs will need to adhere to FAW Safer Return to Training protocols to resume training. Clubs should also contact their facility provider in advance of returning to train.

TRAINING | 6 PEOPLE INC. COACH



It is allowed for coaches to arrange training sessions that has groups of 6 involved (including coach). Maximum of 5 groups of 6 (total = 30) on 1 training area.



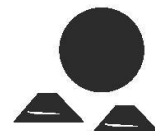
YOU CANNOT TRAIN FOR 14 DAYS IF...



- You have been unwell and felt any symptoms of the flu.
- You have been in contact with someone who has COVID-19 or is feeling symptoms of it.
- You have had any respiratory symptoms; even mild.



FOOTBALL CLUB | HYGIENE



- Make sure that all surfaces and equipment is wiped down before and after each training session.
- Including pitch entry areas and any other high touch points including balls and cones.
- Make sure to always use anti-bacterial disinfectant wipes or soaps when cleaning.
- Hand sanitiser dispensers must be provided around the venue and entry points for all players and staff.



COACHES & PLAYERS | HYGIENE



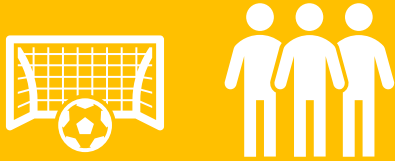
- Wash hands with hand sanitiser immediately before and after training and during scheduled breaks in training.
- Do not spit at any time.
- Do not share drink bottles and players clearly label their own bottle.
- Players to take their training bib or any other items worn/used during training, home to wash individually.
- Clip boards and pens not to be shared.
- Shower at home before and after training.



FOR THE LATEST COVID-19 ADVICE AND INFORMATION, GO TO:
[HTTPS://GOV.WALES/CORONAVIRUS](https://gov.wales/coronavirus)

PHASED RETURN TO FOOTBALL

PHASE 1



**SMALL GROUP TRAINING
(GROUPS OF 6)**

**FOCUS ON IMPROVING FITNESS
AND SKILLS**

**CLUBS NEED TO PREPARE AND
COMPLETE NECESSARY
DOCUMENTATION**

PHASE 2



**LARGER GROUP TRAINING
(GROUPS TBC)**

**CONTACT TRAINING TO BE
INTRODUCED**

**CLUBS TO UPDATE MEMBERS
AND REVIEW AMENDED
DOCUMENTATION**

PHASE 3



**CONDITIONED CLUB
MATCHES AND
COMPETITION**

PHASE 4



**UNRESTRICTED FOOTBALL
PROVISION**



CLUB RESPONSIBILITIES

- Club management committees should meet to review the FAW Safer Return to Training protocol ahead of any return to training
- Where possible these meetings should take place digitally but can take place in person whilst adhering to social distancing guidelines
- Management committees should be familiar with the FAW Return to Training protocol in advance of any meetings
- All clubs must appoint at least ONE Covid-19 Officer before any return to training is implemented
- Clubs must confirm appointment of COVID-19 Officers to FAW via club checklist
- Clubs must ensure, through their COVID-19 Officers and Operational Leads, that all coaches, parents and players are fully aware of their responsibilities
- Clubs should complete a COVID-19 Risk Assessment ahead of returning to training
- Clubs must continually update players/coaches/parents/guardians/volunteers on return to training protocol
- Clubs should keep a register for all attendees at training sessions for contact tracing purposes – names and a contact number should be collected
- Clubs should ensure coaches are registered on COMET prior to resuming training
- Players should be registered on COMET when the player registration window re-opens
- Clubs should familiarise themselves with supporting resources provided by Bluefin Insurance



CLUB COVID-19 COMPLIANCE OFFICERS

The main functions of the Club COVID-19 Officer will be to –

- Operate as the single point of contact for the club in relation to communication with and from the FAW, and for opposition clubs when returning to play
- Implement and manage the Return to Training protocols across the club
- Develop a network of COVID-19 Operational Leads for teams or sections of the club i.e. seniors, minis, juniors, girls and disability etc. who would support in implementing FAW Return to Training protocols
- Communicate and liaise with COVID-19 Operational Leads, club officials and coaches on Return to Training protocols and procedures that need to be adopted
- Disseminate relevant COVID-19 related information to players and parents within the club
- Coordinate the recording of attendees at all training sessions for contact tracing purposes

A Club COVID-19 Compliance Officer who is appointed to clubs with mini and junior players is required to have a valid DBS certificate.

Club COVID-19 Compliance Officer role description is available [here](#)



COVID-19 CLUB CHECKLIST

- Clubs will need to complete a COVID-19 club checklist prior to returning to play
- The checklist should be completed by the club secretary and will confirm your club has
 - Received and reviewed the FAWs Safer Return to Training protocols
 - Appointed a Club COVID-19 Compliance Officer
 - Completed a COVID-19 Risk Assessment
 - Shared FAW Safer Return to Training protocols with players, parents, coaches and facility providers
- The club checklist is available to be completed [here](#)



COVID-19 RISK ASSESSMENT

- A COVID-19 risk assessment must be carried out by all clubs in advance of any resumption of training and/or facility reopening
- If clubs are accessing private facilities this risk assessment must be shared with facility providers and considered alongside providers own risk assessment
- A risk assessment should be completed by the club at each training venue its club teams uses
- The risk assessment must be reviewed regularly and kept up to date at all time
- The risk assessment must be in line with Welsh Government's 'Sport, recreation and leisure: guidance for a phased return'
- The FAW has developed a risk assessment guide and template for clubs and is available [here](#)



PREPARING TRAINING VENUES, FACILITIES & EQUIPMENT

- If you own or manage your facility, read through and follow Welsh Government's '[Sport, recreation and leisure: guidance for a phased return](#)' and other relevant guidelines
- Clubs and participants should be aware that the easing of restrictions does not mean that all facilities will open immediately - owners and operators will require time to consider all the implications of opening facilities, so please be patient.
- If you are hiring a facility, ensure you are aware of and follow all procedures that the owner / operator has put in place to ensure user safety.
- If you are using a public space, please follow all guidelines and be respectful to other users.
- No changing rooms should be used - exceptions may be made where safety and safeguarding measures require their use.
- No shower facilities should be used
- Toilet facilities should be accessible for players and coaches
- Toilet facilities should be thoroughly cleaned before the first and after the last training session at the venue
- Toilets capacity should be managed via entry and exit and to allow for the 2m physical distancing to be maintained.
- Hand sanitiser and cleaning products should be available in toilet facilities for use during training sessions
- All training equipment – including goalposts – must be sanitised before and after every training session
- Clubs should follow guidelines on cleaning in a non-healthcare setting [here](#)
- While players & coaches will be advised to bring their own hand sanitisers, clubs will need to have hand sanitisers in place and observe strict hand hygiene measures



BEFORE YOU TRAIN

You must stay at home if you:

- Have been in contact with COVID-19 or a suspected COVID-19 case in the last 14 days
- Have been overseas or exposed to someone with COVID-19 in the last 14 days
- Have flu-like symptoms or are feeling unwell
- Have a temperature of 38C or more
- Experience the sudden onset of a cough or a shortness of breath
- Experience a sudden loss of sense of taste and smell

You must:

- Familiarise yourself with COVID-19 safety protocols at your club
- Ensure your club has up-to-date contact details for you
- If you have additional concerns due to underlying medical conditions – or living with people with underlying conditions – please discuss these concerns with your Club COVID-19 Compliance Officer as part of your club's risk assessment

REMEMBER: Some players or coaches may not feel comfortable in returning to train, clubs should communicate with all members prior to returning to train so people are aware of the protocols in place.



TRAINING GROUPS | NUMBERS

- Clubs are permitted to train on or after Monday 13th July 2020
- Clubs can only train when the completed Club Checklist is returned to the FAW and necessary documentation is completed
- The maximum numbers are as follows:
 - Groups of 6 (1 coach : 5 players)
 - Maximum of 5 groups (30 players and coaches) on 1 training area
- Clubs must adhere to FAW Safeguarding policies and other associated policies, at all times
- Only essential personnel are permitted access onto the training pitch/area

Essential personnel = Players, Coaches / Team Helper, First aid qualified person, Club COVID-19 Compliance Officer/Operational Lead



COACHING ACTIVITY

- Clubs should focus on improving skills and fitness during coaching activities under phase 1 of our phased return to football
- Contact training i.e. tackling or marking aren't permitted during phase 1 as we re-introduce players to football following a long period away from the game
- FAW have produced coaching activity resources to support coaches deliver activities that adhere with our guidelines
- Coaches should follow these coaching guidelines at all times
- Coaching resources are available [here](#) – coaches will need their FAW Courses log in details, once signed in they should click on 'Jump to Coach Cymru'



TRAINING SESSIONS

- The minimum size of the training area must be 90x45m (full-size football pitch) if working with 30 players and coaches
- Size of the training area can be amended according to the number of participants e.g. if working with a total of 15 players and coaches – a half pitch training area would be appropriate
- Training areas cannot be shared with another club, however the area can be used by more than 1 age group team within the same club
- All activity must take place on the training pitch or area and follow FAW coaching activity guidance
- Contact in training sessions must be kept to a minimum:
 - No handling of the ball (apart from GKs wearing gloves)
 - No throw-ins
 - No corner kicks or free kicks
 - No hand contact (handshakes, first bumps etc)
 - No spitting is allowed
- Players & coaches must adhere to guidelines on hand hygiene at all times



TRAINING SESSIONS

Clubs should plan their activity to ensure that there is the following in place:

- A Club COVID-19 Compliance Officer or Operational Lead present to ensure that groups enter and exit the pitch correctly and register attendees.
- 5 individual training zones for each group of participants (max. 6 players and coaches per zone)
- An agreed meeting area for each individual group to meet before entering the training area
- All groups must exit the training area on an individual group basis before the next groups can enter.
- There should be an agreed running order for training groups, e.g:
 - Group A move to 'Red Zone'
 - Group B move to 'Green Zone'



TRAINING TIMETABLE

- Access to and from the training pitch or area must be coordinated and subject to social distancing guidelines
- Clubs must timetable the arrival of all groups and ensure that car parking areas are marked out accordingly.
- Individual groups must know their arrival time and should wait at agreed meeting point before entering the pitch.
- Groups must enter the pitch and move directly to the designated area.
- All groups must clear the pitch 15 minutes before the next groups enter.
- Incoming training groups must remain in their cars or at specified waiting areas until the pitch is clear.

Example Timetable

Training Time	Arrival Time	Finish Time	Maximum group on full pitch
6pm	5.50pm	6:40pm	30 (Max 5 players & 1 coach in each training zone)
7pm	6:50pm	7:40pm	30 (Max 5 players & 1 coach in each training zone)
8pm	7:50pm	8:40pm	30 (Max 5 players & 1 coach in each training zone)
9pm	8:50pm	9:40pm	30 (Max 5 players & 1 coach in each training zone)



COACH RESPONSIBILITIES

- All coaches must be familiar with the FAW Safer Return to Training protocol
- All coaches, in partnership with Club COVID-19 Compliance Officer and Operational Leads, must ensure that all participants are briefed on the FAW Safer Return to Training protocol
- Coaches must arrive to the session in their training kit
- All coaches, in partnership with Club COVID-19 Compliance Officer and Operational Leads, must adhere to the FAW Safer Return to Training protocol throughout the full duration of the training session
- All coaches should follow training activity guidance set out by FAW and available [here](#)
- Coaches should be registered on FAW COMET system prior to the club returning to training
- Coaches must provide a register of attendees at all training sessions to the Club COVID-19 officer or Operational Leads for contact tracing purposes
- Coaches should bring their own hand sanitiser
- Coaches must ensure that the training area and pitch is clear of all equipment before leaving the facility



PLAYER & PARENT RESPONSIBILITIES

- All players & parents / guardians of underage players must be familiar with the FAW Safer Return to Training protocol
- Clubs must ensure that all players & parents/guardians of underage players are briefed on the protocol before returning to training
- Players and parents/guardians are advised to keep up to date with the latest COVID-19 advice and information via <https://gov.wales/coronavirus>
- Adult players must arrive to the training venue alone or can be dropped off by a member of the same household
- Underage players must be dropped off by a member of the same household or can arrive to training venue alone (if appropriate age)
- Parents must not remain at the training venue
- Any parents who need to remain with their children will need to be incorporated within allocated training numbers
- Players must arrive in their training kit and with their own equipment including water (labelled with their name) and shin pads
- Goalkeepers, or any player acting as a goalkeeper, must wear their own gloves
- Players should bring their own hand sanitiser
- Personal items must be labelled with the player's name and not shared
- Players must bring all personal items home with them



MINI & JUNIOR FOOTBALL

CLUB ACCREDITATION

- Coaches should be registered on COMET
- Clubs will NOT need to have completed their club accreditation to Return to Train

COACHING QUALIFICATIONS

- In line with coach:player ratios – at least 2 qualified coaches should be present on each training area
- Where possible, qualified coaches should lead all small training group sessions
- However, if required DBS certified Team helper can supervise small training group activity (max. 5 players)

FIRST AID

- For each club training area (i.e. per group of 30 people), a minimum of 1 FAW qualified first aider (or approved equivalent) that has a valid DBS will need to be present
- This is an amendment to existing club accreditation regulations related to clubs providing a first aid qualified person per age group team/squad
- Therefore, if clubs have multiple age groups training at the same time on the same training area – only 1 qualified first aider is required to be present
- If clubs are using multiple training areas, a qualified first aider is required for each training area



MINI & JUNIOR FOOTBALL

SAFEGUARDING

- Ensure all club safeguarding officers are registered on the COMET system and contact details are made available to those involved in the club.
- Ensure COVID-19 officers has a valid DBS check and their contact details are made available for all involved with the club.
- Ensure all parents contact details are available to enable the club to contact them during training. If a player falls unwell during the session or becomes injured, the parent can be contacted and asked to collect their child as soon as possible.
- Ensure that FAW safeguarding standards and practices are maintained and postpone all activity until it can be provided safely, both in terms of COVID measures and safeguarding.
- FAW code of conducts for parents, coaches and players are available on our website and this will provide further support and guidance. www.faw.cymru
- If there are any concerns about a child, please report your concern to your club safeguarding officer. Other useful contacts are the FAW Safeguarding Team: 02920 435830/ safeguarding@faw.co.uk or the The NSPCC 24-Hour Helpline: 0808 800 5000

Please remember that child welfare is paramount at all times.



NEXT STEPS

- Identify AT LEAST one Club COVID-19 Compliance Officer
- Club Management meeting to discuss FAW Safer Return to Training protocols
- Contact facility provider if not club owned or managed
- Club COVID-19 Compliance Officers to share FAW Safer Return to Play with
 - Players
 - Parents
 - Coaches
 - Facility provider (if applicable)
- Complete COVID-19 risk assessment
- Complete FAW COVID-19 Club Checklist [here](#)
- Continue to monitor [FAW COVID-19 site](#)

Clubs should meet regularly to review implementation, risk assessment and latest guidelines

All clubs should hold regular de-briefing sessions with coaches, club management and Club COVID-19 Compliance Officers and Operational Leads

