



AYRSHIRE TIGERS COVID-19 SAFETY RULES FOR COACHES AND VOLUNTEERS

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The following player safety rules have been adopted by our club whilst COVID-19 restrictions are in place:

sportscotland has also published a '[Getting Coaches Ready for Sport](#)' checklist. This checklist is based on a simple four-stage plan to help breakdown some of the tasks they may want to consider.



Before Training

Training Times:

Prepare to arrive on time and no more than 5 minutes before the start of the session. Face coverings must be worn when entering and exiting indoor sports facilities.

- Powerchair Football – Thursday 3.30pm-7pm

Coaches should familiarise themselves with our club COVID processes, risk assessment and PPE requirements in advance of attending their first session – complete sportscotland Covid19 training - <https://sportscotland.org.uk/covid19-officer-training/>

Personal Preparation

Bring hand sanitiser, tissues, water bottle, medication and any other training kit or equipment you will need. Arrive ready for training as there will be no changing rooms available.

Self-Check

Complete the Ayrshire Tigers Screening questionnaire, if you have symptoms or have answered 'yes' to any questions, do not attend our club session and contact Stuart Niven for guidance.

Changing rooms

There will be no access to changing rooms before or after the session. You should arrive fully prepared to participate in training activity.

Arrival at Training

Arrival

Sanitise your hands upon arrival at reception, keep your face covering on. If you are unable to wear a face covering for any reason, please inform Stuart Niven beforehand.

Proceed to the sports hall maintaining physical distancing of 2 metres from other people not in your family or 'bubble'.

Track and Trace

A register of attendance will be kept for a minimum of 21 days after a session to comply with Scottish government Track and Trace protocols.

Check in with Stuart Niven on arrival in the hall who will assign one coach to complete the track and trace register at the beginning of each session. Confirm you have electronically returned the screening questionnaire and are still symptom free.

Send a photo of the register to Stuart Niven immediately after the session.

Equipment

Wear disposable gloves to prepare all chairs and equipment ready for the session. All equipment is to be thoroughly cleaned and sanitised before and after use. Sanitise with spray and wipe down with blue roll or use anti-bacterial wipes. Set out chairs at a 2m distance from each other, each player to get their own equipment to use during the session. Players are not to share equipment.

For regular attendees, players / parents are encouraged to take home equipment to support avoiding cross-contamination and bring back each week.

Cleaning Stations / Hand Hygiene

Wear disposable gloves to set out cleaning stations at each court including hand sanitiser, anti-bacterial spray, anti-bacterial wipes, disposable gloves, blue roll and a bin bag. Wash hands before and after activity and encourage hand washing during break in activity.

First Aid

In the event of administering first aid, ask the parent or guardian to help in the first instance and give instructions if required. In the event of an emergency, call 999. If you are required to give first aid, please following these instructions

- Sanitise your hands, wear disposable gloves and face covering. If possible, ask the recipient to wear a face covering and sanitise their hands.
- Ensure any cuts and grazes on your hands are covered with a waterproof dressing
- Do not touch a wound with your bare hand
- Do not touch any part of a dressing that will come in contact with a wound.

- Dispose of all waste safely
- Sanitise your hands after giving any first aid

Toilets

There will be access to toilets, although this needs to be organised through facility staff at reception. You are advised to use the toilet, if needed, before leaving home to minimise use at the centre.

Spectators

One parent/guardian per player may stay to watch training if necessary. This must be away from the activity area and 2m physical distancing must be observed at all times. Face coverings must be worn. If any player requires support that involves contact, please attract the attention of their parent / guardian who can assist when safe to approach.

Greetings

Remember physical distancing – no handshakes, high fives, fist bumps, hugs etc. A big smile and a hello would be most welcome!!

During Training

Everyone involved (players, coaches, parents and volunteers) are responsible for the implementation of measures during sessions to ensure the ongoing safety of all concerned.

Communication

Be confident that we have procedures in place to keep players, coaches and their families safe. Be clear with your instructions so everyone understands:

- Court Space for each age group.
- What to do if anyone needs help
- Numbers allowed on each court
- Hygiene for hand washing, cough, sneeze or touching face / Cleaning Stations
- Ask if any questions from players / parents / carers

Avoid touching your face / Cough and Sneeze

Where possible, all players and coaches must refrain from touching their face during sessions. Remember to cover your nose and mouth when sneezing. You should immediately sanitise your hands afterwards along with any equipment as appropriate.

Field of play Bubbles

A field of play bubble will be created on each court. Players must only play on their designated court and within their bubble. All players do not need to wear a face covering during activity and coaches must maintain a 2 metre from all players and each other.

Court Set Up

- We will operate with a maximum of 10 players and two coaches, per full Powerchair Football pitch, adhering to 2 metre physical distancing guidelines.

- We would recommend that all teams have a stock of clean footballs to use for games. If the ball goes out of play you don't need to sanitise the ball unless it is picked up by someone out with the competition bubble e.g. a coach, official, or player on a different pitch etc.
- All age groups can train together in Powerchair Football, adhering to 2 metre physical distancing guidelines and equipment or balls must not be shared or come into contact with each other. An exception is made if players and assistants are in the same family or social bubble.

Water Breaks

Do not share water bottles, only use the one brought from home. Do not mix with other 'bubbles' during breaks.

After Training

Hand Hygiene

Hand sanitiser will be provided to support participants, coaches and parent/guardian with hand washing protocols – sanitise after activity.

Sanitise Equipment

Sanitise all equipment immediately after use and return to store cupboard – players are encouraged to take their sports-chair home to avoid cross-use of equipment

Cleaning Process

1. Disposable gloves should be worn while cleaning
2. The ball and chairs should be sprayed thoroughly to ensure all surfaces are covered
3. The ball and chairs should be wiped down thoroughly with disposable wipes, ensuring all surfaces are wiped.
4. Wipes should be disposed of.
5. Gloves should be removed and disposed of.
6. Hand sanitiser should be used by the individual who has completed the cleaning process.

No changing facilities or showers

Leave the building immediately and change or shower at home