



## **AYRSHIRE TIGERS COVID-19 SAFETY RULES FOR PLAYERS, PARENTS AND CARERS**

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

### **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

**Participants should familiarise themselves with our club COVID processes, risk assessment and PPE requirements in advance of attending their first session**

#### **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 prior to arriving, 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 until instructed to remove it by your coach just before training begins on the court. 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**

Check in with your coach on arrival in the hall who will complete our track and trace register. Confirm you have electronically returned the screening questionnaire and are still symptom free.

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

## **Equipment**

All equipment will have been thoroughly cleaned before the session with anti-bacterial spray and wipes by our coaches. You are more than welcome to further clean the equipment you will be using yourself before use. Players are not to share equipment during the session.

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

## **Cleaning Stations and Hand Hygiene**

Cleaning stations will be set up , including hand sanitiser, anti-bacterial spray, anti-bacterial wipes, disposable gloves, blue roll and a bin bag. Hand washing will take place before and after activity as well during any breaks.

## **First Aid**

Guidance has been given to our coaches on how to administer first aid, although support from parents or guardians would be appreciated to avoid or minimise contact with others.

## **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. Face coverings are must be worn. If any player requires support that involves contact, the coach will ask their parent / guardian to 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**

Please listen to the instructions of you coach and follow them. Our sessions will seem a little different than you remember, however all measures have been put in place to keep everyone safe. It is our hope than these restrictions will be lifted as time goes on.

## **Avoid touching your face / Cough and Sneeze**

Where possible, all players 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.

## **Age Group Bubbles**

Age group bubbles will be created on each court.

Players must only play within their age group bubble. All players do not need to wear a face covering during activity but players and coaches must maintain a 2 metre distance from each other.

## **Court Set Up**

- All players do not need to wear a face covering during activity.
- 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.

## **After Training**

### **Hand Hygiene**

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

### **Sanitise Equipment**

Sanitise all equipment you have used immediately after use using anti-bacterial spray and wipes – players are encouraged to take their sports-chairs home to avoid cross-use of equipment.

### **Cleaning Process**

1. Disposable gloves should be worn while cleaning
2. The equipment should be sprayed thoroughly to ensure all surfaces are covered
3. The balls 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