



# AYRSHIRE TIGERS COVID-19

## Role of the Coach

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Coaches / COVID Officers must maintain accurate registers of attendees, times and dates.

Where possible, come to the football club on foot or by bicycle and avoid using public transport.

Coaches and volunteers from high risk groups should self-assess whether they should attend training sessions. Consult your doctor for advice if you are unsure.

Arrive in time to ensure that the training is ready so when players arrive they can start immediately.

Ensure all players train in a clearly marked out area and set up a designated 'Hygiene Station' and 'Players Area' for your players.

Clearly communicate the rules to players in advance of training sessions.

Ensure parent/carers are aware of the drop off and pick up times for training in advance

Come to the club in your coaching kit. Any dressing rooms will be closed. You CANNOT take a shower and please make sure that you have been to the toilet at home immediately before leaving for training.

Bring your own water bottle clearly marked to ensure no sharing.

Additional example activity sessions are available on the Scottish FA Return to FootballHUB.

Ensure you have all appropriate PPE equipment necessary to administer first aid. First aid protocols can be found on the Scottish FA Return To Football Hub website

<https://www.scottishfa.co.uk/football-development/return-to-football-hub/>

Adhere to the Club's Code of Conduct for working with children and protected adults.

# During Training

- Make the sessions fun!
- **During organised training Children & Protected Adults can participate in groups of up to:**
  - 15 players and 2 coaches within a 1/4 size pitch area or indoor 5v5 sided court\*
  - 20 players and 3 coaches within a 1/3 size pitch area or indoor 7v7 sided court\*
  - 30 players and 4 coaches within a 1/2 size pitch area

\*Indoor training – All activity for players aged 12 years + is currently non contact

- Please avoid using your hands at any stage during the activity to feed the balls to players.
- Players should stay well hydrated at all times drinking plenty of water with regular small sips from their own bottle.
- Spitting is not allowed.
- Ensure players touch or share as few items of equipment as possible.
- Always follow club guidance from, for example, other coaches, COVID Co-ordinator / Officer or committee members. Stay with your own group when several groups are active at the same time.
- Full first aid can be administered by coaches but must adhere to new guidelines. First aid protocols can be found on the Scottish FA Return To Football Hub.

# After Training

- Once all players have left the training facility safely, please also leave promptly.
- Clean and wipe down your equipment before and after training.
- Ensure you take all personal belongings and equipment with you at the end of the activity.
- Do not leave anything at the venue/facility.
- Remind and manage your players, regardless of age, to maintain 2 metre physical distancing at ALL times out-with your organised training sessions. This applies when not on the pitch immediately before and after the session and whilst within the confines of the facility being used.

**We fully appreciate that Under 12s are now free from physical distancing. However, the above point has been put in place to help clubs safely manage sessions that may involve players from both the Children and Young People age groups.**