# RESTRICTED TRAINING

## (From 01 August 2020)

Because of the government restrictions being applied due to Coronavirus 19 all training and playing for football has been affected. The FA have told us that no contact training or games should be played before 01 August 2020. The restrictions were introduced in March 2020 and subsequently reduced on 01 June and 01 August, the FA have issued guidelines with regard to football training playing which has allowed coaches to organise training with larger groups and contact. **Contact training and friendly games are permitted from 01 August 2020 and league games are permitted from 01 September 2020**. The FA guidelines are attached as part of this information pack, these take precedence over this document.

Simply put training and playing games is allowed provided:

1. Everyone should self-assess for COVID-19 symptoms before every training session or match. If you are symptomatic or living in a household with possible or actual COVID-19 infection you must not participate or attend. A separate reminder should be sent with any match or training confirmation ECCFC have adapted the FA form ready for use.
2. **A risk assessment has been written for the facility and surrounding areas and training or playing games. The coach must assess the facilities and training or playing areas and sign the risk assessment front page at each and every session and place the form in the information pack. There is no need to re-write the whole document.** Any deviations or changes to the risk assessment or guidelines must be recorded before leaving the area and the CWO advised.
3. **All players and attendees must** bring hand sanitiser with them and their own drinks bottles, both marked with their name, sharing of drinks is not permitted.
4. Clubs and facility providers should ensure that their facility is compliant with current Government legislation and guidance related to COVID-19. ECCFC have policies and protocol documents in place and are part of this pack.
5. Competitive training is now permitted, with groups limited to a maximum of 30 people, including coaches.
6. Competitive match play is permitted, with social distancing in place before and after the match, and in any breaks in play.
7. Players and officials should sanitise hands before and after a game as well as scheduled breaks throughout a game or training session.
8. Ball handling should be kept to a minimum with most contact via a boot and the ball disinfected in breaks of play. Cleaning equipment is provided by ECCFC.
9. Youth football coaches are encouraged to limit persistent close proximity of participants during match play and training.
10. Goal celebrations should be avoided.
11. Equipment should not be shared, and goalkeepers should ensure they disinfect their gloves regularly in breaks in training or matches and thoroughly afterwards. All used equipment must be sanitised at the end of the session and between sessions.
12. Where possible, coaches should only handle equipment in training.
13. **Where possible, players, coaches and officials should arrive changed and shower at home. Use of changing and shower facilities must follow government advice on the use of indoor facilities. Currently we are not able to use indoor facilities.**
14. Participants should follow best practice for travel including minimising use of public transport and walking or cycling if possible. People from a household or support bubble can travel together in a vehicle. People from other support bubbles and households should be discouraged from sharing transport.
15. Clubs should keep a record of attendees at a match or training session, including contact details, to support NHS Test and Trace. Attendance register is suggested.
16. Separation is maintained by supporters and facemasks used as government guidelines require (currently 2M).
17. All participants under 18 must have parent or guardian permission to attend.
18. It is advisable that parents of U18 are present.
19. There is no access to the pavilion.

It is advisable that the area is used for training without too many people being there so check who is using the area ask non-participants to keep a separation and not crowd together, REMEMBER THE PUBLIC WILL ALSO BE THERE.

Reference documents:

### CLUB

20200720 ECCFC COVID-19 SELF-ASSESSMENT (issued to all parents/players)

20200720 ECCFC HYGIENE ACTIONS COVID-19 POLICY (in club pack and issued to all coaches)

20200720 ECCFC RESTRICTED TRAINING AUGUST 2020 (in club pack and issued to all coaches)

20200720 ECCFC CORONAVIRUS RISK ASSESSMENT FOR PREVENTING AND MANAGING OUTBREAKS (in club Pack and issued to all coaches)

20200720 ECCFC HYGIENE PARENT ADVICE COVID-19 POLICY (issued to all parents)

20200720 ECCFC COACH MANAGER SAFEGUARDING RISK ASSESSMENT (in club Pack and issued to all coaches)

20200720 ECCFC COVID SAFEGUARDING RISK ASSESMENT (in club Pack and issued to all coaches)

20200722 ECCFC full-guidance-for-restarting-competitive-grassroots-football (in club Pack and issued to all coaches)

20200722 ECCFC FA first-aid-guidance (in club Pack and issued to all coaches)

### INSURANCE

bluefin-insurance-covid19-risk-assessment-considerations-for-grassroots-sports-clubs (in club pack)

### FA GUIDANCE

FA covid-19-risk-assessment-guidance (in club pack)

FA first aid-guidance (in club pack)

FA full-guidance-for-restarting-competitive-grassroots-football (in club pack)

FA guidance-for-facility-providers (in club pack)

FA guidance-for-restarting-competitive-grassroots-football-summary (in club pack)

FA football-activity-guidance-for-parents-and-carers (in club pack)