

Guidance on return to Ball Coise coaching at Pilrig Park

A summary of our phased return, safety approach and what to be aware of for your child to attend.

Draft: 4th May 2021

1. Introduction

The purpose of this document is:

- a. Provide a summary of the additional procedures and processes we will be putting in place to support the resumption of coaching in a safe and controlled manner
- b. Outline the phased approach we are planning to take to safely restart football coaching at Pilrig Park on Saturday mornings (TnP Roinneagan - 09.00 - 10.00 (P1 - P6 Boys & Girls), TnP Teine - 09.00 - 10.00 (P4 - 7 Girls), TnP Sgeirean - 10.00 - 11.00 (P6 & 7 Boys))
- c. Provide contact details to enable you to ask any questions or provide comments in relation to our approach

The club guidance relating to the safe return to coaching is based on guidance from the following sources:

- Scottish Football Association: <https://www.scottishfa.co.uk/football-development/return-to-football-hub/>
- Sport Scotland Guidance: <https://sportscotland.org.uk/covid-19/> & <https://sportscotland.org.uk/covid-19/latest-sport-and-physical-activity-guidance/>
- Scottish Government Advice: - <https://www.gov.scot/coronavirus-covid-19/>

The club has taken steps to help enable a safe return to coaching. This document outlines our approach and our understanding that at present outdoor, training for 11s and under with appropriate Covid precautions as detailed below should be able to proceed.

2. How we have prepared

The club and coaches have been doing their homework in the background to establish the most appropriate route forward to enable the safe return of football coaching. We will confirm with the school whether they have any concerns regarding our approach before we communicate more widely.

As part of this preparation work we have:

- What we have reviewed and considered the guidance (see links in section 1) and then discussed as a group what we think is relevant (at a high level) based on this and our own experience from interaction with other sporting groups.
- The club have appointed an overall Club Covid co-ordinator (point of contact) - Colum Slorach for the whole club, plus Covid officers who will act as the Covid co-ordinator for the Pilrig Park coaching sessions
- Each coach will have completed an online Sports Scotland e-learning module to help increase our awareness and ability to best support safe delivery of coaching
- Agreed that we will review as a group on a weekly basis any learning from the most recent coaching session(s), changes in Covid guidance and revise our approach as appropriate.

3. What we will need to do - additional procedures

- Create and complete a register of participants which will be taken at start and reviewed at the end of each coaching session for track & trace. This register will be retained for 21 days. For GDPR purposes this document makes parents aware that details will be passed to NHS test & protect if requested by NHS test & protect. Details will not be passed to other parents or out with the TnP club officials.
- Limit contact between coaches and participants. Separate class groups (where feasible - i.e. sufficient number of children from that class group to enable a successful coaching session) will be formed for each coaching session, with 1 or 2 (max) coaches assigned to that group. We will look to maintain no cross group interaction (coaching or during water breaks) and will set up separate areas for the different coaching groups.
- We will provide a clear entry, exit and expected direction for movement during the coaching sessions. Please refer to Appendix B which includes a map of Pilrig Park, and where each coaching group will assemble for their coaching session.
- Cleaning procedures after the coaching session(s) will be completed in line with appropriate guidelines
- Provide a weekly update indicating what the coaching session for the week ahead will entail (i.e. what class groups) and additional information relevant to how we are running the session. This may include changes to the class groups, revised Covid safety procedures and so on.

4. What we will need from parents and participants

In order to support a successful and safe return to football coaching, we will need parents and children to be aware of the changes under which we need to run the sessions. The following sections provide an outline of what we think will be required to support this:

General Awareness of Covid safety

This includes:

- If participants or anyone in their household have symptoms or are isolating **DO NOT** attend training. Isolate and get a test. Complete the NHS Self Help Guide on www.nhsinform.scot
- Wash hands with soap & water for at least 20 seconds before leaving home for training
- Pack hand sanitiser, tissues, water bottle and any other training kit. Turn up changed for training and be prepared to leave the coaching area at Pilrig Park as quickly as possible after the session has ended.
- Ensure football boots are securely laced up as coaches are not allowed to help with this.
- Only players from the same household can travel together. Avoid using public transport if possible – but if you need to please remember that wearing a face covering is now mandatory.

Arrival at the coaching sessions:

- Arrive no more than **5 minutes** before your allocated training times.
- Check in with your Coach/COVID Officer on arrival as they will need to take a register.
- Before entering the training area ensure you wash your hands with hand sanitiser.
- When greeting teammates remember: NO HANDSHAKES, NO HUGS, NO FISTBUMPS/HIGH FIVES (advisory only as not applicable between players age 11 and younger)

- 1 parent/guardian per child can stay to spectate. Remember to physically distance by 2m. Do not congregate with other parents/carers at any point.

During the sessions:

- Participants aged 11 and younger are not required to physically distance during indoor or outdoor activity.
- Avoid spitting, clearing your nose or touching your eyes, nose or mouth.
- Apply cough and sneezing etiquette. Cover nose/mouth. Use a tissue or a sleeve. Dispose of tissue in bin & sanitise hands before rejoining training.
- Water breaks: Do not share water bottles. Only use the one you brought from home.
- First aid. Coaches will advise participants on self care of minor injuries. However, as previously during coaching pre-Covid, first aid remains the primary responsibility of the parent / guardian of an injured child. For clarity, first aid would require PPE of gloves, apron and mask the coach will escalate to parental involvement or in an emergency appropriate services as necessary.

5. Supporting a phased return

As we've not had coaching for more than 1 year now, we will need to get confirmation from parents and carers:

- a. What children are planning to return?
- b. What class they currently attend in TnP?

This will enable us to create an initial register, which can then be used to manage the first session. We will continue to add to this as and when more children are interested in returning or joining the football coaching.

TnP Roinneagan will start initially with coaching for classes P2 - P6. We intend to keep these groups separate (if there are sufficient numbers to do so), with separate coaches and space mapped out for each group. We will review and amend this approach based on guidance and our experience with the initial return.

We hope that we will be able to start football coaching with the P1s before the end of term. This might take the form of some 'taster' sessions before the end of term, but we will communicate more widely to provide some awareness of what we provide for kids for those P1 parents who are new to the school.

6. What we can't do at this stage

- For TnP Roinneagan, please be aware that we can't permit ad hoc inclusion of children from other classes or Sgoil-araich at the coaching sessions. We can only take on children within the coaching sessions from those groups that are explicitly planned.

Appendix A - Scottish FA Routemap

SCOTTISH GOVERNMENT UPDATE COVID-19 UPDATE - RETURN TO FOOTBALL 2021

This routemap for the return to football has been released by the Scottish FA to reflect the Scottish Government's proposed routemap out of lockdown. It outlines the proposed plan for training, match play and travel for children, young people and adults.

TRAINING

All numbers refer to maximum field of play 'bubbles' - this includes players, coaches & officials

MATCH PLAY

TRAVEL

RETURN TO FOOTBALL ROUTEMAP

5 APR

26 APR

17 MAY

U12	Contact Club Training 30 individuals per bubble	U12	Not Permitted		
12-17	Contact Club Training 15 individuals per bubble	12-17	Not Permitted		Stay Local
18+	Non - Contact Club Training 15 individuals per bubble	18+	Not Permitted		U12 Players & Coaches can travel between Local Authorities to attend training
Inter club matches or competition dependent upon Scot Gov. protection level guidance					
U12	Contact Club Training 30 individuals per bubble	U12	Inter club matches and competition permitted		12-17 Players & Coaches can travel between Local Authorities to attend training
12-17	Contact Club Training 30 individuals per bubble	12-17	Inter club matches and competition permitted		18+ Travel outwith your Local Authority area not permitted
18+	Non - Contact Club Training 15 individuals per bubble	18+	Not Permitted		Scot Gov. protection level guidance
Inter club matches or competition permitted					
U12	Contact Club Training 30 individuals per bubble	U12	Inter club matches and competition permitted		U12 Players & Coaches can travel between Local Authorities to attend training & matches.
12-17	Contact Club Training 30 individuals per bubble	12-17	Inter club matches and competition permitted		12-17 Same guidance as U12
18+	Contact Club Training 30 individuals per bubble	18+	Inter club matches and competition permitted		18+ Travel permitted dependent upon Scot Gov. protection level guidance
Inter club matches and competition permitted					

All Guidance subject to change. Find more information on the Return To Football Hub scotfa.co/returntofootball

Please remember to follow all COVID-19 protocols. Wash hands or sanitise before and after any activity

Appendix B - Pilrig Park Overview

Please refer to the indicated 'gathering points' for parents and children for the different coaching sessions in Pilrig Park. Please note parents must remain behind each of these marked areas (off the pitch) during the coaching sessions.

