

LEIGHTON UNITED FC

COVID-19 RETURN TO TRAINING GUIDELINES



The Leighton United FC Committee and Coaches have reviewed the recent announcements from the UK Government, The FA and Bedfordshire FA regarding initial relaxation of restrictions on group sporting activities, LUFC will be developing plans and practices for our teams so they can work with parents and players to return to minimal training if they wish to.

As always the safety of our players, coaches and parents/guardians is paramount in our intentions and teams returning to training must adhere to the following rules:

01. Coaches to produce a risk assessment and pass it to the Parents, Chairman and Secretary prior to conducting a training session covering their planned activities, locations and other factors.
02. Coaches must receive completed training content forms from all parent/carers for children who will be attend training prior to commencement of their participation.
03. Players should continue to wear required clothing, footwear (for the playing surface) and shin pads - gloves are optional but allowed if children / parents / carers feel more comfortable.
04. Face masks are not considered to be necessary but again if players, parents and carers feel more comfortable with wearing them they will be allowed to do so.
05. Venues and locations for training activities will be assessed for facilities and appropriateness including inspecting the playing surface for damage and foreign objects.
06. Venues should have appropriate facilities including toilets and shelters as relevant for each group of participating players, parents and carers - including appropriate access.
07. Participating players will be placed in groups no larger than 5 children - groups of 6 total people including the coach - smaller groups are allowed including one-to-one coaching.
08. ONE parent/carer must remain for each child attending training - they will be asked to view from specific areas which will be a minimum of 10 meters away from the training session.
09. Parents/Carers must observe existing minimum 2-meter social distancing between households.
10. Players and Parents/Carers will be sent instructions prior to arrival - this will include; which coach they are grouped with, how the session and restrictions will work and so that travel/ access to the session does not contravene Covid-19 rules.
11. Players, parent and carers should not travel to training events in a manner which contravenes the current and prevailing Covid-19 rules for inter-household interactions, i.e. no car sharing.
12. All training activities must be strictly non-contact and players should not touch equipment or the football with bare skin if it can be avoided - if contact occurs it should be addressed.
13. Players will have their own 'kit stations' for their water bottles, boot bags etc- these stations will be laid out a minimum of 2 meters apart.
14. Players will also have their own 'training stations' (not to be the same as the kit stations) - these stations will be laid out a minimum of 2 meters apart.
15. Training equipment will be inspected and assessed for condition and appropriateness before they are used in a training event - damaged or dangerous items will be replaced or removed.
16. Training equipment should not be shared between players or groups of players - players should not avoid bring their own equipment (other than clothing, shin pads and footwear).
17. Coaches will have their own 'coaching station' and this will be a minimum of 2 meters away from all participants at all times and away from parent/carer locations.

18. Sharing of water bottles and food will be strictly banned, unless sibling use/consumption is approved by parents/carers - coaches will not be providing drinks bottles.
19. All setting out, collection and putting away of equipment is to be done by the lead coach only.
20. All equipment to be sanitised upon completion of coaching sessions.
21. Players must not touch footballs and equipment with anything other than their boots - i.e. heading the ball should be avoided during training activities - footballs should not touch player faces.
22. No open matches or free form football between players is permitted and groups of players are not allowed to interact between them - separation must be maintained.
23. Players/Parents/Carers are strongly encouraged to sanitise players boots after a session.
24. The designated first aid equipment will be given its own 'station' 2 meters away from the session and all other stations.
25. In the event of first aid needing to be performed for minor injuries treatment will be administered by parents/carers to avoid coaches needing to break distance rules.
26. If players have pre-existing long-term medical conditions all appropriate treatments must be provided by the parents / carers and administered by them as needed.
27. If a player has any prior injuries before a training activity, coaches must be informed so they can consider the implications and risks to the player and the activities.
28. If a parent/carer/child or anyone from a player's household is showing signs or symptoms of COVID-19 please do not participate in training events - the coach should be informed, and you must follow the UK Government's rules for self-isolation.
29. On occasion training activities may be observed by members of the senior coaching team or club committee to ensure that training activities, environments and conditions are suitable.
30. All existing safeguarding and child welfare rules will remain in practice during this time

These rules are subject to change in accordance with prevailing changes in the UK Government's Covid-19 rules and guidelines issued by the FA. Any changes will be communicated to the LUFC community as soon as they are ratified.