



Phase 3 summary guidance for parents and players

Welcome back! We've really missed our time with the players and hope they are ready to return to training. The SFA has outlined very clear guidance to be followed to ensure a safe return. In short training sessions will differ from those in the past and it's vital you familiarise yourself with the following protocols, and help ensure your child is prepared too.

Summary of what's changing

- Up to 10 players are allowed to train together, with up to 2 coaches
- Players do not need to maintain distancing during the sessions (contact is allowed, as are small sided games); however, coaches are required to maintain 2m distancing
- Coaching sessions will be shorter, 40 minutes once a week (coaches may request players arrive ahead of start of session to get everyone organised and ensure we make the most of the 40 mins) - i.e. there may be marginally more than 40 mins between drop off and pick up time, but please ensure promptness to keep things simple for coaches
- Players will not be permitted to handle or head the ball
- We can only train at this time, no matches, formal or informal, are allowed between clubs

Guidelines for parents

- DO NOT ATTEND TRAINING if you or anyone from your household should be isolating based on Scottish Government guidelines.
- Parents/carers who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.
- Talk to your child about returning to training to help them understand the measures that have been taken to keep them safe.
- Remind your child it is important they focus on having fun. Don't push too hard and risk injury.
- Ensure your child washes their hands thoroughly before training and arrives ready to train in clean kit.
- Ensure your child and coach has your contact number.
- Your child should bring their own water bottle with their name clearly visible.
- Please give your child's coach plenty notice as to whether your child will attend or be absent from any training session.
- To limit over-crowding, please bring your child to the training session on your own, following your club's advice on arrival time.
- Parents/carers will be encouraged not to spectate during training in order to ensure physical distancing measures for adults are maintained. This applies before, during and after the session.
- Your club should provide clear guidance regards drop off and pick up points.
- If you envisage your child may require support during a training session (e.g. help accessing a toilet), it is permitted to have one parent/carer present.
- This person must however observe the applicable protocol, e.g. remain in the car or close to the facility whilst maintaining physical distance from others.
- Only emergency first aid can currently be given directly by coaches. Otherwise guidance is for first aiders to assist "casualties" from a distance, supporting them to treat themselves.
- If your child would not be able to do this, discuss with your club how you can safely stay close by to the training venue so you can come and assist if your child was to be injured.
- Immediately after training, a parent/carer should collect the child as promptly as possible.
- Ensure you and your child's hands are sanitized immediately after training.
- Inform the club immediately should your child start to show symptoms of COVID-19.
- Remind and manage your child, regardless of age, to maintain a 2 metre physical distance from everyone at ALL times before and after their organised training sessions whilst at the facility.

Guidelines for players

- If you are feeling unwell, let someone at home know and don't come to training.
- Wash your hands regularly with soap and water for 20 seconds, including just before you leave for training.
- Have clean training kit on
- Bring a water bottle that is clearly identifiable as yours - you may want to add your name or initials
- Bring your own hand sanitiser.
- Where required tie your laces or ask a parent/carer to help
- Put your belongings in your designated 'Players Area'.
- Do not enter the pitch before you are asked to do so by your coach or another club official.
- Use only your own equipment where at all possible.
- If you have any questions or concerns about going back to training, tell your parent/carer who can get any answers you need from your club.
- Regardless of your age you must to maintain 2 metre physical distancing from everybody before and after your training session
- Always listen to your coaches. They are there to keep you safe and to help you enjoy playing football.
- Do not touch equipment that is not yours. This includes goalposts, cones, markers, poles, hurdles or any other equipment that is used for training.
- Do not touch the footballs with your hands or head. All the activities that your coaches will do will give you lots of time with the ball at your feet.
- If you need to sneeze or cough, do so into a tissue or your elbow and then wash your hands at the hygiene station provided (your coach will be able to tell you where this is).
- When asked to do so by your coach, wash your hands using the 'Hygiene Station' provided.
- Follow instructions from your coach to leave your training session quickly once you are finished; making sure a parent/carer is there to collect you – do not wander off on your own.
- Apply hand sanitizer immediately after training
- Ensure you take all personal belongings and equipment with you at the end of training and do not leave anything at the venue/facility.
- Regardless of your age you must to maintain 2 metre physical distancing from everybody before and after your training session.
- Remember to have fun!