



Phase 3 summary guidance for coaches

Preparation pre training

- Make sure you have read the full guidance from the SFA - <https://www.scottishfa.co.uk/media/6780/phase-three-training-guidelines-for-children-and-young-people.pdf>
- Send the 'guidance for parents and players' doc to all parents of players who may participate in training, and make sure you have their emergency contact details
- Ensure you have appointed a 'covid co-ordinator' for your team - this can be one of the coaches or another registered official. The covid co-ordinator is responsible for ensuring best practice guidance is being followed at all times and would act as point of contact with test & protect in the event of a positive test. Must therefore maintain an accurate register and contact details.
- Ensure you have a 1st aid qualified official at each training session - only enact 1st aid in case of an emergency (e.g. minor injuries should sit out and await parent/carer) - generally speaking only assist from a distance, encouraging self treatment from the player where possible. In an emergency should use rubber gloves & face mask before treating
- Prepare and keep a training log of attendees to each session including times and dates
- Organise yourselves into the right numbers - maximum of 10 players in a group with a maximum of 2 coaches (you may split your team into 2 groups), must be minimum 2 registered coaches or officials present with each group of players, one of you must be 1st aid qualified and one (could be same person) is your covid co-ordinator
- For those with >10 players and <4 officials you could run 2 consecutive sessions, appropriately spaced apart to allow time to sanitise equipment and allow players to exit & enter without contact
- Ensure that all balls and other equipment are cleaned in between each session (e.g. using disinfectant wipes), alternatively use separate set if running consecutive sessions
- Make sure parents/players are clear on timings and encourage them to arrive on time, given training sessions are required to be perhaps shorter than we are used to (max 40 mins) - it's also recommended that you only train once per week so you will want to make the most of the time you have

On the day

- Get there early, in time to mark out areas & prepare before any players arrive so you can instruct them effectively
- Mark out a clear area for your group
- Mark out an area for players personal items - maybe set out a cone for each player so they keep their things separated
- Mark out a hygiene station, which should include hand sanitiser, wipes, kitchen towels (or similar) and a tie bag for rubbish
- Bring your own water bottle, marked with your name on it
- Plan to spend some time explaining rules to players at start of 1st session

During training

- Make the sessions fun!
- It is important that we don't push our players too hard, increasing the risk of injury.
- Physical intensity should start low and increase gradually.
- 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.
- If any player coughs or sneezes, they will need to wash hands with sanitiser at the hygiene station, any towels used should be disposed of in the tie rubbish bag
- Heading is not allowed.
- Contact is allowed, as are small sided games
- However, coaches must remain 2m distant from each other and the players
- Coaches should only handle their own equipment (e.g. markers, bibs, small goals etc.) and care should be taken to avoid others touching it.
- Players should never cross into another group's area, ask for balls to be kicked back, not picked up
- Although 'physical fitness' is something that may have decreased during this break, we should still keep our main focus on fun, technical and tactical development.
- Ensure players touch or share as few items of equipment as possible.
- Always follow club guidance from, for example, other coaches, COVID Co-ordinator or committee members. Stay with your own group when several groups are active at the same time.