

Club Protocol: Return to Contact Training

Following the most recent updates from the UK Government, The FA and the Sheffield FA we are pleased to announce that plans have been put in place to allow our club to return to full contact training in advance of the (hopefully) upcoming 2020/21 season.

These nationally announced guidelines have allowed us to create a method of training for the next few weeks that we believe will be the best and safest way to get our teams back to something approaching normality, whilst adhering to all the necessary hygiene & social distancing requirements.

IT IS ESSENTIAL THAT ALL MANAGERS, PARENTS & PLAYERS ADHERE TO THESE RULES AT ALL TIMES FOR THE SAFETY OF THE CLUB & LOCAL COMMUNITIES

FA Guidance



Until 31 July

When ready, you can begin competitive training, with the overall group size (inclusive of coaches) being limited to 30 people.

From August

Outdoor competitive football matches to begin, for example pre-season fixtures, festivals and small sided football competitions.

From September

Grassroots leagues, men's National League System, Women's Football Pyramid tiers 3 to 6, and FA Competitions can commence.

The above infographic setting out the FA's conditions for returning to contact training & match play has been posted to their social media this weekend. The Club Rules for Training below have been set out by the Club Exec Committee to interpret those rules as best we can to try and ensure the safety of our Club and local community.

Club Protocol for Managers

1. These rules for training shall be adhered to for the foreseeable future by all Middlewood Rovers teams across all areas of the organisation until such time as the FA changes it's guidance for grassroots clubs. At that point, the Club will review any new guidance from the FA and adjust its Rules for Training accordingly.
2. No team will train in groups larger than 30 people including the coach. Standard coaching ratios are now in place, with a minimum of 2 DBS checked coaches in attendance.
3. Sessions should be organised so that no player should come within 2 metres of another player except during activity.
4. Players should be provided with their own, socially distanced station at which to place their gear.
5. **STRICTLY NO SPITTING OR CHEWING GUM.**
6. Players should not share equipment unless there is no available alternative. Where players are forced to share equipment then they should sanitise or wash their hands regularly, at maximum intervals of 20 to 25 minutes.
7. If footballs are used, any player touching a football with their hands should wash or sanitise their hands as above. When retrieving footballs during activities, players should always do so with their feet.
8. **ALL TRAINING EQUIPMENT/FOOTBALLS ETC MUST BE FULLY CLEANED WITH DISINFECTANT/SANITISER ETC BEFORE AND AFTER TRAINING AND AT REGULAR BREAKS DURING TRAINING.**
9. Where club equipment is used, this should be sanitised before and after use. In addition, this equipment should be sanitised regularly at intervals of a maximum of 20 to 25 minutes.
10. The club compound will be open for the following reasons:
 - 10.1. Manager/Coach access to equipment.
 - 10.1.1. Managers/Coaches must ensure that **ANY AND ALL** equipment and facilities that they touch are sanitised before and after use, for example:
 - 10.1.1.1. Shed Doors
 - 10.1.1.2. Café Doors (for access to defibrillator **only**)
 - 10.1.2. Managers/Coaches must make clear to Parents & Players that the only reason that they may enter the compound is to use the toilet facilities.
 - 10.1.3. This list is not exhaustive and is to provide examples only.
11. The Café & Changing Rooms will remain closed and locked at all times.
12. Toilet facilities are available. Anyone using the toilet **MUST** ensure that they sanitise any surfaces that they touch before and after use, including but not limited to:
 - 12.1. Door Handles
 - 12.2. Toilet Handle
 - 12.3. Toilet Seat
 - 12.4. Your own hands must be sanitised **BEFORE AND AFTER USE.**

13. Teams should ensure that they have suitable disinfectant wipes etc along with Hand Sanitiser available in their equipment bags for the use of their players and to sanitise equipment **AT ALL TIMES.**
14. **FIRST AID**
 - 14.1. Detailed guidance for the administration of First Aid have been provide by the FA and accompany this document. **YOU MUST READ AND UNDERSTAND THIS DOCUMENT.**
 - 14.2. The administration of First Aid requires specific PPE items. You must ensure that you are wearing PPE before attempting to administer First Aid. Guidance is provided for managers in the aforementioned FA document.
15. **SANTITISATION BREAKS**
 - 15.1. During training you must ensure that regular sanitisation breaks take place at approximate 20 to 25 minute intervals.
 - 15.2. During the sanitisation break players must remain socially distanced and thoroughly sanitise their hands. **Goalkeepers must sanitise their gloves.**
 - 15.3. All shared equipment **MUST** be sanitised before restarting, including but not limited to:
 - 15.3.1. Goals
 - 15.3.2. Footballs
 - 15.3.3. Slalom Poles
 - 15.3.4. Rebound Nets
16. **SELF CERTIFICATION**
 - 16.1. Each age group manager is responsible for collecting Self Certification from Parents. Written Self-Certification is required for any participant in your session – including coaches – prior to it taking place. **NO SELF-CERTIFICATION = NO PARTICIPATION.**
 - 16.2.

Club Protocol for Parents/Carers

1. Parents are asked to ensure that their children are made aware of the updated rules for training in the current climate – this is purely to help ensure a smooth running session and to set their expectations fairly for the next few weeks.
2. We would ask that parents remain in their cars if possible, whilst being able to watch their child in training. If you prefer to watch from the side of the pitch, we ask you to **ensure that you remain 2 metres away from other parents and do not congregate in groups of 6 or more people – this is for your safety and to help protect the club and local community.**
3. All parents **MUST** ensure that they and their child have their own hand sanitiser with them.
4. All parents **MUST** complete the COVID-19 Self-Assessment form for **ALL PARTICIPANTS** (their child, themselves if a coach or volunteer etc) and return to the age group manager before bringing their child to training.
5. The Club is duty bound to retain the self-certification information provided for a minimum of 21 days as detailed in the FA Guidance documents. This is in accordance with current Data Protection and GDPR regulations.
6. This data will only ever be shared with NHS Test & Trace should the need arise.

7. EQUIPMENT

7.1. You are expected to ensure that your child arrives with all of the appropriate clothing and equipment for training. In addition, we ask that you ensure that your child **has their own hand sanitiser** with them. The club will be providing additional sanitising facilities but we ask that your child arrives prepared.

8. **TOILETS** – The club toilet facilities will be available but under certain conditions as detailed below. If a child needs to use the toilet facilities **YOU MUST** accompany them to ensure that the facilities are sanitised properly:

8.1. Anyone using the toilet **MUST** ensure that they sanitise any surfaces that they touch before and after use, including but not limited to:

8.2. Door Handles

8.3. Toilet Handle

8.4. Toilet Seat

8.5. Your own hands must be sanitised **BEFORE AND AFTER USE**

9. **SIBLINGS & ADDITIONAL SPECTATORS** – Wherever possible, please do not bring siblings or additional spectators to training. If it is unavoidable to bring younger/older siblings with you we ask that you ensure that they remain by your side and socially distanced from other spectators **AT ALL TIMES**.

10. FIRST AID

10.1. Under certain circumstances, as set out by the FA, you may be asked by your age group manager to attend to your child on the pitch, accompanied by them. This is directly due to the updated FA First Aid guidelines to help reduce the transmission of COVID-19. You should only enter the field if invited and follow the instruction of your age group manager.

10.2. Should the circumstances require it, your age group manager will don appropriate PPE and administer First Aid.

General Notes

1. **IF YOU OR ANYONE IN YOUR HOUSEHOLD IS SYMPTOMATIC OR LIVING WITH SOMEONE WHO HAS A POSSIBLE OR ACTUAL COVID-19 INFECTION YOU MUST NOT PARTICIPATE OR ATTEND. YOU SHOULD FOLLOW THE UK GOVERNMENT GUIDELINES: <https://bit.ly/3jjHv7v>**

2. Players should only attend training if parents/carers are comfortable for them to do so.

3. **IT IS A CLUB POLICY THAT NO PLAYER WILL BE PENALISED OR FIND THEIR PLACE AT THE CLUB IN DANGER IF THEIR PARENTS ARE NOT COMFORTABLE WITH THEM ATTENDING TRAINING AT THIS TIME – WE UNDERSTAND THAT EVERY FAMILY'S CIRCUMSTANCES ARE UNIQUE TO THEM.**

3.1. For example, if a family has elderly relatives who are shielding that live with them they should not feel any pressure for their child to attend training until such time as the pandemic has passed and things return to a more normal state.

4. Whilst the club will make every effort to ensure that activities are appropriately planned to observe social distancing measures are in place and will also endeavour to provide additional hygiene facilities such as hand sanitiser etc. **we ask that everyone attending the sessions makes every effort to help us to do this.**

Middlewood Rovers JFC

Club Ambassador – Billy Sharp (Sheffield United FC)



5. Please remember that all of our coaches, managers and club officials are volunteers and will be providing these sessions to try and give all our children some of their normality back. Please help us to keep everyone as safe as possible by acting responsibly in and around the club at all times.
6. The available guidance from the National FA states that grassroots leagues can restart from September. At this moment in time we are awaiting guidance from our league, The SDJSFL, as to precisely when that will happen and what it will look like. As soon as we have more information this will be passed to you via your age group managers and our social media channels.

Thank you for taking the time to read this letter - we really appreciate how difficult the last few months has been for everyone and we're looking forward to seeing the children back playing football as soon as possible. Your support in observing these rules over the next few weeks is gratefully received!

Kindest Regards,

Richard Asquith

Club Secretary

Chris Dennison

Club Chairman

Melanie Lagden

Club Welfare Officer

