



## TIMPERLEY VILLA YFC – PLAYER & PARENT/GUARDIAN GUIDE FOR A SAFE RETURN TO TRAINING St HUGH’S PRIMARY SCHOOL

These are our Player and Parent guides for our safe return to training at St Hugh’s Primary School. Please read these and run through them also with your child.

It is essential that everyone is familiar with and follows these guides; anyone not doing so will be asked to leave the training session.

The Club risk assessments and The FA document ‘Covid 19 – Guidance on re-starting outdoor competitive grassroots football - For All, 18 July 2020’ have been emailed to all parents and are also available on the Club website under ‘Our Club / Useful Documents’. You should also have read and be familiar with these.

Please note that only training sessions organised by the Club at Beech Fields (or in the case of the U7/U8/U9 age groups at St Hugh’s) are currently within the scope of the Club’s accident insurance policy. This policy does not provide cover for Covid-19 infections.

# PARENT GUIDE

## General

Please comply with all applicable Covid-19 related guidance issued by the Government and/or Public Health England.

## In advance

For a player to be able to take part in these sessions a parent must have completed the online Training Consent Form. They must also have completed their online membership for 20/21. Please talk your child through the Player Guide overleaf and ensure they understand what they need to do.

Please confirm your child's attendance at a session with your manager/coach at least 72 hours in advance, as we need to ensure that there are adequate coaches available to maintain the ratio set out by The FA. If you have not confirmed in advance then unfortunately your child may not be able to take part in the session.

## Before leaving home

Any player or parent who is symptomatic or living in a household with someone who has possible or confirmed Covid-19 must remain at home.

Your child will need:

Clean kit, suitable outer-wear for the weather conditions, a drink (labelled with their name) and a small bottle of hand-sanitiser (labelled with their name).

Please check that you or your child do not have any of the following; if they or you do then neither of you should attend training:

- High temperature (37.8 degC or above)
- New continuous cough
- Shortness of breath or sore throat
- Loss or change in normal sense of taste or smell
- Feeling unwell

You and your child should wash your hands with soap and water for 20 seconds. Please ensure your child has used the toilet.

Please ensure your child can tie their own laces or remain on site during the session so you can assist if required. Coaches will not be able to tie laces for players.

Only one parent should attend the session with the player; please do not bring siblings unless completely unavoidable.

## Travelling

Car parking at St Hugh's is limited; please walk where possible. If travelling by car please do not share lifts with members of another household.

Please do not arrive at St Hugh's any more than 10 minutes (max) before the session start time to avoid congestion and cross-over with those that may be departing from an earlier session.

If using the car park, please ensure the immediate area around your car is clear before leaving your car. If parking on the surrounding roads please do so with consideration for our neighbours.

## On arrival (max 10 mins before session start time)

Register your child at the registration point. You will be asked to confirm that you have undertaken the checks detailed in the 'Before leaving home' section. In addition your child's temperature may be checked. You will be asked to confirm if you are staying for the duration of the session or not. The Club will maintain a record of players who attended each session, for a period of 21 days, for use by NHS Track & Trace if necessary.

Your child (and you if staying) will be directed to the coach in the training area being used. Please remind your child at this point of the 2m social distancing requirements; these apply before and after training, also during any drinks or rest breaks.

## During training

For those parents staying to watch, there will be designated spectating points indicated by blue marker discs, which you will be shown by the session coach. Please remain here for the duration of the session and continue to observe social distancing. If retrieving any stray balls, please do not touch with your hands. Players will have a dedicated 'safe area' point indicated by a yellow marker disc where they should leave their drink, hand-sanitiser, jacket etc.

## After training

Players will gradually be released by the coach if their parents are present spectating. If you have not been spectating you should wait in the vicinity of the gates onto the field for your child to be escorted to you.

Please depart immediately you have collected you child, to avoid congestion and cross-over with those that may be arriving for a later session. If you need to speak to a coach please call/text them afterwards, do not wait to talk to them.

# PLAYER GUIDE

## Before Training



WEAR A  
CLEAN KIT



BRING YOUR  
OWN (SMALL)  
HAND SANITISER.  
  
PUT YOUR NAME  
ON IT.



BRING YOUR  
OWN DRINK.  
  
PUT YOUR NAME  
ON IT.



WASH YOUR  
HANDS WITH  
SOAP AND  
WATER.  
(20 SECONDS)  
  
BEFORE LEAVING  
FOR TRAINING.

## Arriving at training



TIE YOUR LACES  
OR ASK YOUR  
PARENT TO HELP.  
  
YOUR COACH  
CANNOT HELP.



PUT YOUR  
BELONGINGS IN  
YOUR  
'SAFE AREA'.



APPLY SOME  
HAND SANITISER.



YOUR COACH  
WILL TELL YOU  
WHAT TO DO  
NEXT.

## During training



DO NOT TOUCH  
EQUIPMENT  
WITH YOUR  
HANDS.



REMAIN 3 STEPS  
APART FROM  
ANYONE ELSE.  
DURING DRINKS  
& REST BREAKS



COVER YOUR  
MOUTH AND  
NOSE WITH A  
TISSUE OR YOUR  
SLEEVE (NOT  
YOUR HANDS)  
WHEN YOU  
COUGH OR  
SNEEZE.



PUT YOUR TISSUE  
IN THE BIN  
IMMEDIATELY  
AND USE YOUR  
HAND SANITISER.



APPLY SOME  
HAND SANITISER.  
DURING DRINKS &  
REST BREAKS



IF YOU NEED BASIC FIRST AID TREATMENT YOU WILL BE SENT TO THE 'FIRST AID AREA'.

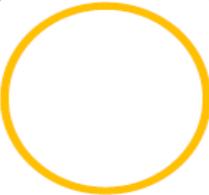
A COACH WILL TRY TO GUIDE YOU THROUGH YOUR OWN TREATMENT, OR THEY MAY ASK YOUR PARENT TO HELP YOU.

BAD INJURY  
STAY WHERE YOU ARE AND DO NOT TRY TO MOVE. YOUR COACH AND PARENT WILL HELP YOU.



NO SPITTING & NO CHEWING GUM - PLAYERS WHO IGNORE THIS MAY BE ASKED TO LEAVE THE SESSION

After training



RETURN TO YOUR 'SAFE AREA'.



APPLY SOME HAND SANITISER.



YOUR COACH WILL TELL YOU WHAT TO DO NEXT.

When you get home



WASH YOUR HANDS WITH SOAP AND WATER. (20 SECONDS)