



COVID-19 “Contact Training” (1 of 6)

CONSENT TO TRAIN – COMPLETE ONLINE ‘CONTACT TRAINING FORM’ AT LEAST 24-HRS BEFORE YOUR FIRST SESSION

SYMPTOMS – IF YOU OR SOMEONE IN HOUSEHOLD HAS HAD SYMPTOMS IN LAST 2-WEEKS - STAY AT HOME & FOLLOW NHS ADVICE, PLUS NOTIFY TEAM MANAGER / CLUB SECRETARY

PHYSICAL CONTACT – BEFORE AND AFTER TRAINING, AND AS OFTEN AS POSSIBLE DURING CONTACT TRAINING, KEEP 2m AWAY FROM EVERYONE – NO HAND-SHAKES, HIGH-FIVES OR GOAL CELEBRATIONS. WHILST CONTACT IS ALLOWED (<30 IN A SESSION) “TOTAL CONTACT TIME” MUST BE KEPT LOW

RISK ASSESSMENT – READ THE GOVERNMENT AND FA GUIDANCE ON CLUB WEBPAGE – COMPLY WITH ALL RULES AND GUIDANCE (PLUS YOUR COACHES RISK ASSESSMENT)

ALL PLAYERS, COACHES, PARENTS AND CARERS MUST COMPLY



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TRAVELLING TO TRAINING – YOU CAN ONLY TRAVEL WITH SOMEONE FROM YOUR OWN HOUSEHOLD, SO NOBODY CAN BE OFFERED A LIFT IN A FRIEND’S CAR

ARRIVAL– EACH PLAYER WILL ARRIVE AND REMAIN 2m APART FROM EACH OTHER UNTIL TRAINING COMMENCES

DRINKS, INHALERS, SUNCREAM - BRING YOUR OWN DRINK, INHALER, SUNCREAM LABELLED WITH YOUR NAME ON IT AND PLACE IN YOUR DESIGNATED AREA (coloured cones)

WASHING HANDS - EACH PLAYER BRINGS THEIR OWN HAND SANITIZER (LABELLED WITH THEIR NAME ON IT) - WASH HANDS BEFORE, DURING AND AFTER EACH SESSION – PLACE HAND SANITIZER IN YOUR DESIGNATED AREA





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ARRIVAL BASELINE CHECK– EACH PLAYER ON ARRIVAL WILL BE ASKED IF THEY HAVE A HIGH TEMPERATURE, A NEW CONTINUOUS COUGH, A SORE THROAT OR SHORTNESS OF BREATH, A LOSS OF OR CHANGE IN NORMAL SENSE OF TASTE OR SMELL OR ARE FEELING UNWELL – IF SHOWING ANY SIGNS OF THE ABOVE YOU MUST RETURN AND STAY AT HOME AND FOLLOW NHS GUIDANCE

ATTENDANCE REGISTERS – COACHES WILL MAINTAIN AN ACCURATE REGISTER OF THOSE ATTENDING ALL SESSIONS, THAT MAY BE PASSED ON TO PHE AS PART OF THE “NHS TEST AND TRACE” REQUIREMENTS SHOULD ANY INFECTION SPREAD BE REPORTED AMONGST PARTICIPANTS





COVID-19 “Contact Training” (4 of 6)

PARENTS / CARERS – SHOULD MAINTAIN 2m SOCIAL DISTANCING FROM PEOPLE FROM OTHER HOUSEHOLDS AT ALL TIMES PLUS REMAIN AT LEAST 5m OUTSIDE OF THE DESIGNATED TRAINING AREA AT ALL TIMES

FIRST AID – SHOULD FIRST AID BE REQUIRED, IN THE FIRST INSTANCE SOMEONE FROM THE SAME HOUSEHOLD AS THE INJURED PLAYER SHOULD ADMINISTER TREATMENT, BUT IF A LIFE- OR LIMB-THREATENING INJURY THEN THE COACH, WEARING SUITABLE PPE (MASK, GLOVES, ETC) SHALL INTERVENE

EQUIPMENT (INCLUDING FOOTBALLS) - WILL BE COLLECTED IN BY THE COACH AND DISINFECTED AFTER EACH SESSION.





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COUGHING AND SNEEZING – PLAYERS SHOULD SNEEZE OR COUGH INTO A TISSUE OR THEIR SLEEVE, AND NOT TOUCH THEIR MOUTH / FACE, THEN WASH HANDS IMMEDIATELY

SPITTING / SHOUTING – NO SPITTING, AS SPREADS VIRUSES, NOR TO SHOUT, PARTICULARLY WHEN FACING EACH OTHER

FREE-KICKS / SET PLAYS – AVOID LENGTHY TIME TO SET UP AND ALSO REDUCE TIME WHEN CLOSE-MARKING

THROW-INS – TO BE KICK-INS FOR NOW

HALF-TIME IN MATCHES – DISINFECT ALL EQUIPMENT, CORNER POLES, GOALS, BALLS AND OTHER EQUIPMENT – PLAYERS TO REMAIN 2m APART





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CHEWING GUM – NOT PERMITTED

FOOTBALLS – ALL TO KICK THE BALL RATHER THAN PICKING IT UP, BUT IF A FOOTBALL IS HANDLED, THEN A DISINFECTANT WIPE SHOULD BE USED TO CLEAN THE BALL. OUT-OF-PLAY BALLS ONLY TO BE RETRIEVED BY PARTICIPANTS.

MATCH FEES / SUBS – ALL PAYMENTS TO BE CASHLESS (CONSIDER USING FA MATCHDAY APP)

HYGIENE BREAKS / WASHING HANDS – SMALL SIDED GAMES TO HAVE REGULAR HYGIENE BREAKS

END OF SESSION – ALL TO WASH HANDS AND LEAVE PROMPTLY AT THE END, SAFELY MAINTAINING 2m DISTANCE





COVID-19 “Contact Risk Assessment”



NOTE: All other routine Safeguarding Principles and Pitch Risk Assessment procedures, as well as incident reporting protocols apply as shown in the Club Rules and Constitution on our Website

AREA OF CONCERN	RISK TO PLAYERS	RISK BEFORE MITIGATION	SOLUTION	RISK AFTER MITIGATION	COMMENTS
MAINTAINING SOCIAL DISTANCING IN CAR PARKS AND PLAYING AREAS	BECOME INFECTED BY COVID 19 AND SPREAD DISEASE	HIGH	WHEREVER POSSIBLE PARENTS/CARER AND CHILDREN TO WALK TO TRAINING VENUE. IF YOU HAVE TO DRIVE PLEASE ENSURE YOU KEEP 2 METRES DISTANT WHEN EXITING THE CAR AND WALKING TO THE TRAINING AREA EACH CHILD TO BE GIVEN A MAP FROM THEIR MANAGER/COACH OF THEIR CHOSEN TRAINING AREA NOBODY SHOULD ENTER ANYONE ELSE'S TRAINING AREA FOR ANY REASON.	LOW	
MAINTAINING 2 METRE SOCIAL PHYSICAL ACTIVITY AS MUCH AS POSSIBLE WHEN NOT TACKLING IN A MATCH	BECOME INFECTED BY COVID 19 AND SPREAD DISEASE	HIGH	WHEN WALKING TO TRAINING AREA PLEASE ENSURE YOU ALL REMAIN AT LEAST 2 METRES FROM ANYBODY. TRAINING ACTIVITIES WILL BE SET OUT TO ENSURE SAFE DISTANCE FOR ALL PLAYERS AND COACHES. IF NO NEED TO BE CLOSER THEN STAY 2m AWAY. PARENTS TO MAINTAIN 2 METRES DISTANCING WHEN WATCHING THE TRAINING SESSION. THEY MUST ALSO MAINTAIN 5 METRES FROM THE TRAINING AREA. FREE-KICKS, GOAL-KICKS and CORNERS TO BE TAKEN QUICKLY TO REDUCE TIME FOR PLAYERS TO BE STOOD 'MARKING' THEIR OPPONENT.	LOW	
PLAYING AND PERSONAL EQUIPMENT	BECOME INFECTED BY COVID 19 AND SPREAD DISEASE	HIGH	PLAYERS TO PROVIDE THEIR OWN DRINK AND HAND SANITISER WITH THEIR NAMES CLEARLY LABELLED AND KEPT 2 METRES APART ON THE EDGE OF THE TRAINING SESSION. ONLY PARTICIPANTS TO RETRIEVE FOOTBALLS, AND WITH THEIR FEET. ALL EQUIPMENT TO BE CLEANED BY THE COACH BEFORE AND AFTER TRAINING.	LOW	
PPE AND HAND HYGIENE	BECOME INFECTED BY COVID 19 AND SPREAD DISEASE	HIGH	DURING TRAINING ALL COACHES WILL HAVE FACE MASKS (Optional), GLOVES (Optional) AND HAND SANITISER (Compulsory). FOR ADMINISTERING LIFE- OR LIMB-THREATENING FIRST AID PPE (FIRST AID MASKS AND GLOVES) ARE COMPULSORY. ALL CHILDREN WILL BE ENCOURAGED TO USE THEIR OWN HAND SANITISER BEFORE DURING AND AFTER TRAINING	LOW	



**THANK YOU FOR
KEEPING THE
WINWICK FAMILY
SAFE!**



<http://winwickathletic.com/covid-19-training-policy/>