



Baltic Youth FC Return to training control measures

Prior to leaving your home and traveling to venue.

- Ensure you have read, understood and agreed to the 'Return to training control measures.'
 - Shower/wash and use the toilet.
- Wear clean and appropriate training kit
- Take temperature and assess wellness. If showing any symptoms or feeling unwell then remain at home and follow NHS and government guidance.
- Take own drinks bottle/drink
- Take own hand sanitiser/hand wipes
- Apply sun protective lotion if applicable
- Parents must seek advice from GP and refer to government guidelines for children with any medical conditions such as asthma, respiratory conditions or taking medications.
- Parent to take their own child to training. No car sharing.
- On arrival ensure social distancing is maintained from leaving the car to the training area.
- Listen to the coach on arrival.
- Parent to remain a safe distance away from the training area and two metres apart from other parents.

Prior to commencement of training session.

- Coach to identify a safe venue to train. Avoid busy areas. Set out a safe training and player station area prior to the arrival of players. The training area should be a minimum of 10m x 10m (See diagram).
- All equipment to be cleaned/sanitised prior to use
- Coach to explain rules and expectations of behaviour and safety.
- Ensure players laces are tied well. Coaches will not be able to assist with tying of laces.

The training session.

- A maximum of one hour training session only. Coaches must submit a session plan to the Club Secretary (Ewelina Zalewska) and Club Welfare officer (Ferdinand Chi Fon) prior to the day of each training session including dates, times and venue. Non-contact training practises only, maintaining two metre social distance at all times. No physical contact activities.
- One coach to five players in each training area. Two coaches and ten players are allowed but must be in a separate training area.
- Each player to be issued with a football. Footballs must not be handled at any time. Coach and parent may agree for goalkeepers to handle the ball if wearing gloves and using a suitable sanitising spray at regular intervals.
- Players to remain within the training area and stay two metres apart from each other.
- Coach to instruct and remain outside of the training area.

- Every 10 – 15 minutes players to return to their station to take a drink and clean hands with sanitiser/wipes.
- Bibs will not be issued or worn.

End of training session

- Coach to instruct players to go to their individual station for debrief.
- Players to leave their own ball in their station for the coach to collect.
- Coaches only to handle footballs, cones and other equipment used. Coaches are advised to wear disposable gloves when handling training equipment.
- Equipment to be sanitised prior to packing away.
- Players to return to parent and safely leave the area. Parents please avoid conversations with the coaches unless absolutely necessary. Feedback and questions are welcome from parents and players to coaches via team social media or private messaging.
- Once at home, wash/shower. Change and wash clothes.
- If anyone shows COVID19 symptoms during the days after training please inform the Coach ASAP and seek medical advice.

First Aid

- The coach must hold a minimum of an in date FA First aid level 1 qualification.
- The coach must ensure their first aid kit is available, maintained and stocked appropriately at all times
- The coach must try and maintain social distance if required to administer first aid treatment. Players can be encourage to administer their own first aid under verbal instruction and supervision from the coach. If this is not possible the coach should take the necessary precautions using personal protective equipment (PPE) if the two metre social distance cannot be maintained. Disposable gloves should be standard practise but the wearing of a disposable face mask is advised. As coaches will be instructing on their own, if safe to do so, the coach will pass the player over to their parent. For more serious or dangerous injuries or conditions parents may be advised to take their child to A&E if safe to move or call for an ambulance.

PROTECT YOURSELF AND OTHERS

MAINTAIN SOCIAL DISTANCING

KEEP TO THE RULES & STAY SAFE

ENJOY YOUR FOOTBALL TRAINING

