



RISBOROUGH RANGERS JUNIOR FOOTBALL CLUB



Risborough Rangers Junior Football Club Coaches to a Safe Return to Football

GUIDELINES BEFORE RETURNING TO FOOTBALL

Risborough Rangers JFC ("Club") and our Coaches are to understand that the following are guidelines for returning to Football and should be taken into consideration before undertaking any type of Football activity that is associated with Risborough Rangers JFC.

You will note that in some cases below, areas to consider may cross and over link. This is to stress that you should make sure all the requirements to proceed have been checked and double checked. The Club understand we are all Volunteers who do our best, but some parents may not. So do not take unnecessary risks.

With this in mind Risborough Rangers JFC Coaches should ensure that all football activity follows the latest FA and Government guidance at all times.

Below we set out the guidance by detailing what you need to consider before, during and after the session. We also want to make it clear that if you wish to commence training in the Summer, participation or lack of participation in training from any player due to Covid-19 reasons should play no impact upon their selection in next season's teams. Although the fitness of all players will need to be taken into account (particularly in the early part of the season) to avoid the risk of unnecessary injuries.

BEFORE A TRAINING SESSION

- Everyone should self-assess for Covid-19 symptoms before every training session or match. If you are symptomatic or living in a household with possible or actual Covid-19 infection you must not participate or attend. You should stay home and follow the latest Government guidance.
- You should also follow current 'NHS test and trace' protocols, such as keeping an attendance register of the players and contact information of the parent/carer. This information should be held for 21 days and then destroyed.
- Personal hygiene measures should be carried out by everyone and hand sanitisers brought and used at the training/match venue.
- The sharing of kit and equipment should be avoided, but where equipment is shared, it must be cleaned before use by another person.
- Goal posts and corner poles should be wiped down before matches, after matches and at half time.
- Follow Government guidance for travel, including minimising use of public transport.
- Active participants should arrive changed and ready to take part.
- Youth team coaches should re-acquaint themselves with all safeguarding policies and procedures.
- Meet-up times should be adjusted to avoid time spent congregating at a venue.
- Use of clubhouses, hospitality facilities, changing rooms and toilets must adhere to Government Guidance. Please ensure you have considered coaching ratios to the number of children involved.
- All coaches must check before every session that they are aware and able to follow the latest FA Guidelines.
- Please especially take note of the First Aid Guidance and make sure you and your age group understand the equipment required and that all Coaches are fully aware of the FA first aid guidelines.
- Each age group will need to have at least one designated first aider at each training session/game. They should have updated themselves with any changes in the FA first aid procedure that will be required as a result of Covid-19. Below is the link to the FA first aid guidance for returning to outdoor football. Each designated first aider will need to read this and confirm back to the relevant vice chair and Welfare Officer they have done so before an age group can return. Please note, the Club will provide the necessary first aid equipment detailed in the guidance.

<http://www.berks-bucksfa.com/news/2020/jul/18/the-fa-issues-guidelines-for-the-return-of-outdoor-competitive-grassroots-football>

- Coaches should complete their own appropriate risk assessment and should only re-start coaching when happy that safe sessions can be provided that are in line with Government and FA and Club guidance. The Club will provide managers/coaches with a template risk assessment to help and if you have any questions, please refer to your vice chair or the Welfare Officer. Their contact details can be found at the bottom of this guidance.
- Further to the above, the Risk assessment should be re-considered before every training session so any changes in venue, equipment, Government guidance, FA guidelines or personnel can be taken into account and where appropriate either the Vice Chair or Welfare Officer be consolidated if you have any concerns.
- While some players (or parents of players) might be pushing for a return to football activity as soon as possible there will be others who have real concerns, or their personal circumstances might make it difficult. The coach should be sensitive to these differing viewpoints. Some individuals, such as members of the BAME community, may face heightened risks from Covid-19. As such, any concerns should be taken seriously and addressed sensitively.
- The club has undertaken risk assessments on each of the venues that have been made available to train. The coach should check with their vice chair which venue to re-start coaching as some venues may not be available during this period or in some cases at certain times of the day. Any venue used must be checked before use to ensure it has all the necessary Covid-19 preparations are in place.
- There may be events or issues that happen on the day of a session that could affect the possibility of the session going ahead, so do not take risks, if you are not sure missing one training session is better than taking a risk.

TRAVEL TO THE VENUE

- Coaches must travel to the venue on their own or with members of their own household where applicable. Please remember there must be no car-sharing with anyone outside your household. This also applies to all parents/carers bringing their child(ren) to your session. If this does occur then the parent should be advised that their child will be unable to attend the training session.
- This may change in line with government/FA guidelines, so please keep yourself up to date with the most recent guidance issued.

ARRIVING AND LEAVING

- Ask participants to arrive shortly before the session starts and depart promptly when it finishes. Children and parents/ carers should not congregate at the venue and should maintain social distancing at all times.

SELF-CHECKS BEFORE ATTENDING A PLANNED TRAINING SESSION

- Self-checks will be important to prevent transmission among people who are unaware that they are carriers of the virus. Such checks should help identify if anyone has:
 - Had a high temperature (above 37.8oC);
 - Has developed a new continuous cough;
 - Has shortness of breath or a sore throat.
 - Loss of or change in normal sense of taste or smell.
 - Is feeling unwell.

This quick check should be done before each training session and must be covered in your regular risk assessments.

- Ask in advance for parents of players considering attending the session to please take the above into account and if any of the symptoms described above are relevant ask the parent to not bring their child to the session and advise they seek the NHS guidance on further management of symptoms.

CONSIDERATIONS WHEN RUNNING A SESSION

- Competitive training can take place for all participants, in an outdoor setting provided this takes place in groups of no more than 30 (including coaches).
- Competitive match play is permitted, with social distancing in place before and after the session, and in any breaks in play.
- The sharing of kit and equipment should be avoided and participants should bring their own drinks, hand sanitiser and any medication, in named containers.
- When the ball goes out of play, it should not be retrieved by non-participants and should be retrieved using the feet rather than the hands where possible.
- Participants must not spit and should avoid shouting or raising their voices when facing each other, as detailed in The FA Covid-19 Code of Behaviour.
- Set plays: players are encouraged to avoid unnecessarily long set-up or close marking. Other modifications apply to specific situations, such as goal celebrations being discouraged.
- Youth football coaches are encouraged to limit persistent close proximity of participants during match play and training.
- Any injuries during training or a match can be treated in line with the FA first aid guidance.
- Spectator groups should be limited to six people per group and spread out in line with wider Government guidance.
- Match fee payments should be cashless – consider using The FA Matchday App.
- Small-sided football should include more regular hygiene breaks.

SAFEGUARDING CHILDREN

- You are responsible for continuing to ensure the environment is safe and for implementing Risborough Rangers Junior Football Club's safeguarding children policy and procedures.
- Coaches working with children must have an in-date FA DBS Check.
- If Government/FA guidance changes on position of group sizes in due course, you must ensure the ratio of coach to different age groups of children is appropriate and adhered to.
- Children (anyone under 18) should not be working 1:1 with a coach unless their parent/carer is present and observing social distancing. This generally is discouraged in any event.
- It is mandatory that parents/carers give informed consent for their child(ren) to participate in a football session. When requesting consent, you have the ideal opportunity to be clear about what is expected of the children and their parents/carers in line with this guidance and the Parent guidance issued by the Club. Ensure you retain a written record of parent/ carer consent. Verbal means nothing.
- As per the parent disclaimer, if it is not possible due to Covid-19 to acquire a physical signed consent form, then an email confirmation trail is sufficient.
- For any children with additional medical or disability needs, these must be discussed with parents/carers to ensure you, or as the parents/carers, they can provide effective support to facilitate their involvement.

LISTENING TO CHILDREN

While many families have coped well during lockdown, others may not have and for some children the experience will have been very difficult. You may be one of the first people outside the family unit that a child has met in recent times. It is important you know that some children may be struggling for various reasons, including:

- Lacking confidence, as they have felt cut off from their friends.
- Being confused and stressed about how to behave because of social distancing.
- They or someone they care about may have been or still be unwell.
- They may still be grieving because someone they love has died.
- Hearing that people from BAME communities may be more vulnerable to Covid-19.
- They may have been neglected emotionally and/or physically – through lack of food and/or care.

- Children with learning disabilities may find it particularly confusing, as their routine has changed. You may also have seen media coverage on the increase in:
 - Domestic violence – significantly impacting children emotionally and/or physically in households where this has happened.
 - Online grooming of children.
 - Cyberbullying.

If you see or come across anything you are concerned about during a session and are unsure about how to approach the situation, please do contact the club Welfare Office.

AFTER THE SESSION

- Hands should be washed at the earliest opportunity and all equipment should be wiped down with disinfectant.
- Participants should take their kit home and wash it themselves, or by family members.
- Everyone must continue to maintain social distancing including in any facilities where groups of people congregate (e.g. clubhouses or entrances to venues).
- Everyone should leave following the traffic-flow system the club or facility provider has put place. Please check with your vice chair as to any measure that have been put in place for your current venue.
- Anyone who becomes infected after training/matches should report this to the NHS and the Club to aid test and trace system.

Please note

As a coach you may have further reservations or questions and the Club Committee are available for you to contact and will do all they can to help. Your key contacts are as follows:

Role	Ag Group	Name	Email	Contact No
Vice Chair	Minis – U10's	Andy Burn	thafb02@hotmail.co.uk	07725557082
Vice Chair	U11's-U12's, PD & Girls	Mel Timberlake	melanietimberlake@googlemail.com	07955555289
Vice Chair	U13's – U18's	Sean Walsh	seanseumuswalsh@aol.com	07584562467
CWO	N/a	Michael Cattle	welfareofficer.rrjfc@gmail.com	07523885904
Chairman	N/a	Andy Quigley	andrew.quigley@astute.global	07775667800

We want to thank you in advance for playing a vital part in helping the club return to Football again. By observing Government guidance and the football-specific protocols, let us work together to ensure the transition back to enjoying football is as smooth and safe as possible. But please remember everyone's circumstances are different, and if you do not feel ready to return to football, there is no pressure. Everyone's health, wellbeing and safety are the priorities.