



## Covid-19 Return guide to play

Dear Parent/Carer

I would like to begin by thank you for your patience and ongoing support for our plans to phase in the return of football activity at BLGC.

It's a time of great anxiety for you as parents, and it can not be easy to decide on whether to return your child to football training at this time. Our priority remains the protection and safety of both your children and our staff and coaches.

Due to the large numbers of footballers, the social distancing measures in place and the FA guidance on football training of a ratio of 1 coach to 5 players obviously pose both practical and logistical challenges. In planning to achieve a phased return of football, we have been working on what we foresee as a safe and manageable number of players and parents on site, at anyone time, whilst adhering to government and FA regulations.

Starting from 6<sup>th</sup> July we will start to resume training (subject to no changes in Government advice). By delaying a return to full training, it will:

- Allow the new lockdown rules to embed in and see the impact to infection rates
- Allow training to continue through to what we hope will be a September start to the new season  
Allow us to complete our full risk assessment to protection the children, parents, coaches and their families.

Personally, speaking to a number of parent and coaches, they expressed apprehension about returning to training to soon. Hopefully this will go some way to relaxing those concerns.

### **Before returning to training:**

- Please make sure you have read this guidance and the club's risk assessment. You should only bring your child back to training if you are happy and understand that is not possible to reduce any risk to zero. The steps we have taken and will take as a club are those that are proportionate to reduce the risk as far as practicably possible.
- You complete the consent form stating that you allow your child to take part in training at this time.
- Please note that there will be no disadvantage for your child should you choose not to return to training at this time.
- You must make sure that the coach has your mobile contact number.

### **Club health, sickness and isolation policy**

This is set out in the risk assessment and follows government guidance. Please do not bring your child / allow your child to attend training if they are showing any signs of illness and especially if those signs are symptoms associated with Covid 19. These are:

***High Temperature / New or continuous cough / Loss or change in sense of taste or smell.***

To avoid any confusion, we are asking that any child with cold/flu-like symptoms do not attend and that the players and parents follows the government guidance on isolation. Any child suspected of having such symptoms will be asked to leave.



- Please be aware that bringing your child to training with such symptoms not only places other children, parents and coaches at risk but it may also result in the training sessions being ended.

## **Football Activity**

Training will be very different to what you will all be used to as social distancing must always be observed. Normally the club requires up to 30 sessions for our teams, due to the limited number of children allowed per session, the club requires a minimum of 60 sessions for our teams as you can appreciate at this time not all teams will be training each week, as football activity phases back in.

### ***Please see below key points of football delivery***

- Individual ball skills activities and fitness sessions only
- Hands sanitised on arrival and exiting of site
- Player to bring own drink container fully labelled
- Players to stay within marked grids
- 2m social distancing to be adhered to at all times
- Drinks containers to be kept 2 metres apart
- Players not to share food and/or drink
- Ball activity to be kept below waist height to avoid contact with arms and face
- 1 coach to 5 players ratio in line with FA [football-restart-guidance-1-june \(1\).pdf](#)
- No spitting on site or expulsion of bodily fluids or liquids
- No high fives or contact permitted
- Player to come already dressed for the session to prevent any cross contamination through discarded clothing.
- No other equipment on site players not to bring any equipment including their own balls
- All to use the bathroom prior to coming to the site to avoid much amenities usage during this time.

## **Entry and Exiting the Site**

As you know there will be limited number of people on site during each session in order to manage this safely and effectively this will be done by:

- If arriving by car, cars must be parked a minimum of 2 car parking spaces apart
- Entry through Main gate and exit a one-way system is in place
- Arrival at the earliest of 5 minutes before training session no earlier
- Hands sanitised on arrival to site and exiting
- Players will be escorted to playing area and parents to parent area.
- Players and parents will be escorted on exiting the site at intervals ensuring social distancing of 2 metres minimum
- Parents/Carers will be invited to make their way from carpark to site individually by a member of staff
- Staggered entry is essential to ensure social distancing is maintained
- Signing in will be done by our member of staff on site to ensure no cross contamination



# ENRICHING YOUNG LIVES



Charity number: 1051292

## Spectators

We're politely asking parents to avoid accessing the site for training. If you would like to watch your child training session, there is a designated parent's area and the following must be adhered to:

- Only one parent/carer per player permitted on site
- Hands to be sanitised on arrival and leaving site
- No siblings permitted on site or any other household member
- Spectators must remain in allocated parent area and on the mark allocated to them ensuring social distancing
- No food or drink permitted to be on site
- No touching of any equipment
- A reminder that our facility does not permit pets
- Entry and exit to the site are escorted and staggered to ensure social distancing
- There will be no mobility during training sessions such as going back to vehicles etc

## First Aid

Any accidents will be dealt with accordingly these will undoubtedly be very little due to no contact reducing the risk of injury.

- The usual first aid responsibilities apply, and necessary treatment should not be withheld for fear of breaching the social distancing rule.
- Club's welfare officer will be the appointed first aider on site for all sessions
- Club's welfare officer will have all necessary PPE

## Concerns / Feedback

- If you have any concerns you should, in the first instance speak with your team's manager. In the alternative please raise any concerns with club football development officer or head of operations Carly Mack.