



Toddington Rovers Football Club

RESTRICTED TRAINING – POLICY AND PROCEDURES 1.1



Following the Governments and The FA announcements that training/coaching can now continue in restricted circumstances, we are issue the following for guidance in running our sessions:

1. Signed parental consent forms must be received (electronically) before each training session and sent to Club Secretary. No player will be allowed to train without this.
2. Sessions to be made up of groups no larger than 5 children and 1 coach. Multiple groups can train during one session but must have one coach per group. Keep the groups the same each week as best as possible.
3. Children should be notified prior to training of what group they will be in and who will be their coach. Coach/es to direct players upon arrival.
4. Children will be encouraged to go straight to their designated coach and training area to minimise any crossing of paths.
5. Training areas must always be large enough to follow 2m social distancing between the children. Each child will have their own 'station' within their training area. Players need an individual area they can move around in and complete the drills where it is reasonably easy for them to be able to keep their ball in the area. Give them an area at least 3m x 3m each.
6. Players must bring their own water/drink bottles and hand sanitizer which must be left at their 'training station' along with any other items they bring. Please ensure players are ready to train upon arrival (boots on etc.) Sharing of drinking bottles is strictly prohibited.
7. Coaches must have their own 'coaching station' to perform their roles, with a minimum 2m distance between children at all times.
8. Training will consist of non-contact drills and must be foot drills and fitness drills only. There is to be no goalkeeper training at present.
9. Children will be encouraged to not touch any equipment, including footballs, with their hands.
10. Coaches, children and parents must ensure their hands are clean prior to arrival to any training sessions. Parents are responsible for football boots to be disinfected before and after any training sessions.
11. 1 parent/carer per child must remain after drop-off, they will be asked to watch from their cars. If the weather is good, then a 'viewing area' can be set-up but it must be 10m-15m away from the training areas and 2m social distancing must be adhered too.
12. After each session players are to place footballs back at their 'training station' and use their hand sanitizers'.
13. Lead coaches are responsible for the collection and tidy up of all equipment.
14. Equipment will be sanitized upon completion of all training sessions by the session Lead Coach.
15. Any child who has a High-Risk relative at home should not currently attend any sessions.
16. Coaches are asked to keep a record of all attendees. If one player becomes symptomatic, we have a duty of care to inform all players who were present at the same session in the previous 14 days.
17. If a parent/carer/child/coach is showing any signs or symptoms prior to attending, please do not attend, self-isolate as advised by the current Government advice.
18. For instances where any first aid to a player is required, this must be administered by the Parent/Carer of that child. A Medical Bag will be available at each session.



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Coaches Guidance

In this difficult period, it can seem daunting and difficult to run a session that protects the players and yourself with so many considerations into what your session should look like. The process for this is quite simple as long as we consider the main points in keeping the players safe. Which are to prevent any close contact with anyone else, and to prevent shared use of equipment that may come into contact with vulnerable areas like the hands and face. Here are our guidelines into what to include in your sessions and how to structure them:

1. Make sure that the parents understand that although you will take precautions any activity is done at child's own risk.
2. Make the players aware not to leave their area to collect their ball but to wait to see where it goes and let the coach make a judgement as in who can retrieve it.
3. You can have shooting in your session but keep players back from the goal at least 4m away from goal when taking shots. One person shooting at a time with the person having cleared the shooting area or space before the next player takes their place.
4. There can be no players collecting the ball while the shots are being taken to reduce the risk of being hit with the ball around their face or hands.
5. The ball cannot be played into another player in the air and must be kept on the floor at all times if transferred between players.
6. You can practice passing between players if the social distancing gap is kept and if they have defined areas of movement that have no chance of them getting too close to each other. Like a passing grid where pass from corner to corner but stay in that defined area or passing between 2 station areas.
7. If you want to practice individual skills where the ball goes in the air like kick ups this can be done but it must be done before any exchange of balls in passing drills or shooting drills. This is because the balls should be decontaminated before the session from the previous session and after exchanging the balls between different players it is not appropriate to put the ball in the air near the players face and hands.
8. Although you can base your session around anything you want as long as it fits in these guidelines. Please base your session around individual topics like ball mastery and physical skills like agility and speed.
9. If you plan to do exercises like press ups where you require the players to get down on the floor, ensure that there is no equipment within 2m of them when they are down on the floor to reduce risk of decontamination.
10. No heading of the ball which is a guideline anyway or any activity putting the ball in an area where heading the ball is a possibility like set pieces.



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Change History

Version	Owner	Change Details	Date
1.0	GMc	Draft Version issued for review at June Monthly Meeting.	03/06/2020
1.1	GMc	<p>GENERAL</p> <p>Item 2: <i>Multiple groups can train during one session but must have one coach per group. Keep the groups the same each week as best as possible.</i> – added</p> <p>Item 3: <i>Coach/es to direct players upon arrival.</i> – added.</p> <p>item 6: <i>and hand sanitizer</i> – added</p> <p>item 9: <i>and must be foot drills and fitness drills only. There is to be no goalkeeper training at present</i> – added</p> <p>Item 10: <i>Parents are responsible for football boots to be disinfected before and after any training sessions.</i> - added</p> <p>Item 17: <i>After each session players are to place footballs back at their ‘training station’ and use their hand sanitizers’.</i> - updated</p> <p>Item 19: <i>For instances where any first aid to a player is required, this must be administered by the Parent/Carer of that child. A Medical Bag will be available at each session.</i> - updated</p> <p>Number of items now 18, was 19. <i>Sharing of drinking bottles is strictly prohibited</i> - Added to item 6.</p> <p>COACHES</p> <p>Item 4: <i>There can be no players collecting the ball while the shots are being taken to reduce the risk of being hit with the ball around their face or hands.</i> – ‘goalkeepers’ removed</p>	05/06/2020