

Covid-19 Returning to training



Goole Town Tigers guidance on return to activities, please note anybody who feels unwell or shows symptoms of Covid-19 should not attend any sessions and should seek medical advice where necessary.

All persons attending site should maintain a good level of hygiene standards including coughing and sneezing into elbow, use their own tissues and equipment, keep hands clean by way of sanitisers.

If toilet facilities are used, they should be cleaned before and after use and maintained to a high level.

Attendance at activities is a personal choice for the coaches, players and parents involved, and no-one will be sanctioned or suffer as a result of a decision not to attend or run a session. In the event of any person within a Training Group as referred to below displaying symptoms of COVID19 as set out in UK Government / NHS Guidance they and their whole Training Group must not attend any further Club activities (including training sessions) for 14 days.

Each member of that Training Group should follow the appropriate UK Government Advice on self-isolation and testing. The following guidelines should be followed in line with the current Risk Assessment for the return to activities on West Park.

Coaches

- Prior to arrival on site, the lead coach for each team will ascertain and secure agreement via email, WhatsApp or Facebook Messenger of all players (or parents for junior players) intending to engage in activities that they agree to activities based on these Guidelines.
- Prior to arrival on site coaches are required to determine attendance numbers and names of participants prior to the training session to create safe stations and ensure the Ratio of 1 coach to 5 players in Training Groups of no more than 6 is always in place.
- Prior to arrival on site, the lead coach for each team will allocate coaches and players to a Training Group. The coaches and players allocated will remain in the same Training Group for all training sessions throughout the period where training is restricted due to the coronavirus and until confirmation from the Club of different arrangements.
- Upon arrival at the site, the gates and containers should be opened and then wiped with sanitiser to limit the potential contamination.
- Gloves should be worn by coaches.
- All equipment should be set up by yourselves and again should be sanitised before use. This includes footballs and goals.
- Coaches are to utilise an area half the size of a regular training space for their reduced group.

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- Coaches are to mark out a spectator's area for parents to safely be in view of the training session, where unavailable to spectate from parked vehicle.
- It is suggested that a cone is placed for each child, spaced 2 metres apart, with their individual name on, to be used as their personal station for the session. Upon arrival, the players should be told to stand at their cone and place all personal belongings (including their personal hand sanitiser) on the floor.
- If the players require a ball for the session, it should be handed to them by the coach and placed on the floor – no hand contact with the balls are advised unless a goalkeeper who must use their own gloves.
- Sessions can take place in groups of six (including the coach) at a minimum of 2 metres distance as per the current guidelines.
- If the coach and assistants have more players than they can take for one session, it would be acceptable for a parent to help but they would need to be monitored and reminded of the social distancing measures.
- It is recommended that at 15-minute intervals a break is put in place for refreshments and for players to sanitise their hands at their respective station. At this point it is important to remind players of the 2-metre rule (especially the younger age groups).
- At the end of the session, players should collect their belongings and any litter or waste and meet their parents for collection whilst continuing to follow the social distance guidelines.
- Coaches should then clean and sanitise the used equipment before putting away.
- Once the containers and gates are closed, wipe over with a sanitiser.

Junior players

It is important that the activities of the younger players are monitored due to a possible lack of full understanding of the current situation.

If there is a concern that players will be difficult to control in a group, it should be a consideration to limit the number of players to an acceptable number.

Players are required to strictly follow Coach instructions for the safety of all participants.

Any players not adhering to those instructions may be asked to leave the training session.

All players are required to bring their own hand sanitiser.

Parents

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- Parents are to remain in attendance for the duration of the Training Session and not leave West Park at any point.
- Where possible parents should remain in their vehicles when dropping off and collecting their children to limit contact.
- If for any reason a parent needs to exit their vehicle, they should continue to adhere to the current social distancing guidelines.
- Parents can spectate the training session however they must remain a minimum 10m from the activity, in the marked area, unless asked to help/undertake first aid from the respective coach.

First aid

- Caution should be taken when administering first aid.
- Gloves should be worn and any other PPE available. Should a cardiac arrest happen, the following procedure should be followed:
 - Call an ambulance immediately. If COVID-19 is suspected, tell them when you call 999. Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing.
 - If the rescuer has access to personal protective equipment (PPE) (e.g. FFP3 face mask, disposable gloves, eye protection), these should be worn.
 - Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth.
 - Check the pulse of the patient.
 - If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.
 - Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection.
 - If there is a perceived risk of infection, rescuers should place a cloth/towel over the victim's mouth and nose and attempt compression only CPR and early defibrillation until the ambulance (or advanced care team) arrives. Put hands together in the middle of the chest and push hard and fast.
 - After performing compression-only CPR, all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative.
 - The rescuer should make sure any ambulance crew have their full contact details to support track and trace in the event the patient is diagnosed with COVID-19.