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## Coach COVID-19 Guidance

Please see below details of how the programme will be delivered in the first instance when we re-introduce delivery of the programme. We have carried out a comprehensive risk assessment on the re-introduction of the programme and we have been following closely government and FA guidance to ensure our delivery is compliant with guidance. We will be taking a phased approach to re-starting the programmes delivery and we will be continually reviewing best practice and latest guidance, and will make changes when appropriate to ensure we remain compliant.

### Overview of changes/ rules:

- Each session will have a maximum group size of 30 (28 young people + plus 2 coaches).
- Competitive match play (including during drills) is permitted, however social distancing needs to be in place before and after match play, and in any breaks in play.
- We need to keep a record of attendees at every session, including contact details, to support NHS Test and Trace. To support this we are operating an amended registration process.
- Everyone will have to self-assess for COVID-19 symptoms before every session (including the coaches) and this will be included in the amended registration process. If you or any participants are symptomatic or living in a household with possible or actual COVID-19 infection they must not participate or attend.
- Participants and coaches should sanitise hands before and after the session and during scheduled breaks throughout the session.
- Ball handling should be kept to a minimum with most contact via a boot and the ball disinfected in breaks of play.
- Equipment should not be shared, where possible, coaches should be the only people to handle equipment.
- No bibs are to be used at the sessions. We ask that coaches try where best to separate teams based on their kit colours.
- Goal celebrations should be avoided.
- Only one set of equipment will be used at each session.

### Game On Coaches Info Web Resource

We have set up an online page on our website which can only be accessed by our coaches at:

[www.coalfields-regen.org.uk/gameoninfo](http://www.coalfields-regen.org.uk/gameoninfo)

All the key COVID-19 information coaches will require can be accessed on here. This online resource can be accessed on your phone at sessions and also holds our online incident and accident reporting forms, safeguarding details, behaviour code, risk assessments, and relevant policies and procedures.

### Risk Assessments

We have conducted a review of our programme risk register and have implemented a new COVID-19 session risk assessment. We ask that all coaches read through this ahead of their session restarting. It can be found here: <https://www.coalfields-regen.org.uk/wp-content/uploads/2020/09/Session-Risk-Assessment-COVID-19.pdf>



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We will also be providing new printed copies for coaches to have in their session packs, which can be shared with participants or parents if requested.

### **Travel**

We are encouraging participants to follow best practice for travel including minimising use of public transport and walking or cycling if possible. People from a household or support bubble can travel together in a vehicle. We are asking our coaches to follow this guidance in how you travel to sessions and to re-enforce this guidance at the sessions.

### **Session capacity**

We will be following FA guidelines of a maximum of 30 people at a session. This number includes coaches, but not spectators (please see below spectator's guidance). This capacity works out at 28 participants and two coaches at most of the sessions we run. This is a non-negotiable and participants will need turning away if we are at capacity. Please see our new registration process for how we intend to manage this.

### **Spectators**

Parents of participants can stay and watch the session, but this is strictly limited to 6 parents per session, based on a "first come, first served" basis, and social distancing measures must be practiced at all times.

### **Safety Briefing**

We will be asking coaches to do a briefing at the start of each session to the participants to explain the new rules and expectations, as detailed in the participant session guidance information sheet. Which can be found here: <https://www.coalfields-regen.org.uk/wp-content/uploads/2020/09/Game-On-Covid-19-Participant-Guidance-2.pdf>

### **Social Distancing**

Competitive match play is permitted (including games and drills), however social distancing needs to be in place before and after match play, and in any breaks in play. We expect coaches to manage and encourage this social distancing and where working with younger children who are more likely to group heavily around the ball, we ask that our coaches encourage participants to find space.

### **Registration Process**

To ensure we comply with track and trace and have consent for participants to take part during COVID-19 conditions, we will be implementing a slightly amended registration process. This will involve participants providing their details in advance of every session we run (regardless of if they have registered with Game On in the past), as we will need to ensure we have no missing data.

### **Booking system**

To ensure this happens in a time efficient way and so we are not going over capacity, we will be asking participants to pre-book their place at the session. The booking form will replace the existing



participant forms participants have to complete. Bookings will shut 1 hour before the session starts and the booking form will be available on our website at: [www.coalfields-regen.org.uk/goebooking](http://www.coalfields-regen.org.uk/goebooking)

These participants will be ticked off using an app on the lead coach's phone when they arrive at the session. More information on this will follow, with your log in and a 'how to' video.

#### Policy on participants who show up and haven't booked on

Whilst booking is required, if the session has capacity then participants who show up on the night will be allowed to take part, with the coach taking their name, date of birth, emergency contact details and confirming they have no symptoms on a new paper register template (included in your new session pack). This will be operated on a one strike ruling, with participants advised they will not be allowed to the next session if they don't pre-book. If there is no capacity then participants will be turned away by the coach and encouraged to pre book for next week. If a participant has arrived with other participants who are booked on, and needs to leave with them, then they can be treated like a spectator (please see this section). Under no circumstances can we have more than 28 participants (plus 2 coaches) taking part at once.

#### U13 Consent

Participants under the age of 13 will need to be booked on by a parent, whilst 13+ can book themselves on online. Participants under the age of 13, that just show up will need to be given a participant form to take home and bring back next week to ensure their parents' consent to them taking part.

#### **First Aid**

First aid falls into two parts:

1. Those who respond because of an emergency arising in front of them (laypeople);
2. First responders/aiders with a duty of care (i.e. sports coaches) running a training session.

Delivering first aid will likely include the need for the responder to compromise government advised social distancing guidance and come into close contact with a potentially injured participant, and this may include cardiopulmonary resuscitation (CPR). If a participant gets injured, ideally a member of their household can aid them (such as a parent if they are present), but others will still **need to socially distance unless a life or limb-threatening injury necessitates compromising guidelines** to provide emergency care until the ambulance arrives.

If the first aider needs to compromise social distancing guidelines to provide medical assistance, then we will be providing appropriate PPE to be used in the event that they should need. We ask for you to please read the FA's First aid guidance which can be found here:

[file:///C:/Downloads/19485\\_fa\\_first-aid-guidance-for-returning-to-competitive-grassroots-football\\_v311-copy.pdf](file:///C:/Downloads/19485_fa_first-aid-guidance-for-returning-to-competitive-grassroots-football_v311-copy.pdf)

Any first aid incident/ accident should be recorded on the Game On Accident or Incident reporting form, which can be found at: [www.coalfields-regen.org.uk/gameoninfo](http://www.coalfields-regen.org.uk/gameoninfo)

#### **Expectations of participants**



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We have produced an information sheet for parents and participants, so they understand the new guidelines and session rules. These will be displayed on social media and our website when participants book on. Each coach will also be provided with paper versions of these and the head coach of each session will also receive a banner to be displayed at the sessions to detail the new rules and expectations for all to see.

We expect all participants to adhere to the new rules. Participants will be endangering people's health if they do not adhere to these. We expect coaches to manage this behaviour accordingly and to follow the Game On respect code, where participants can be asked by a coach to no longer attend if they fail to follow the rules. The respect code can be found here:

[https://www.coalfields-regen.org.uk/wp-content/uploads/2020/08/goe-respect-cod\\_48142973.pdf](https://www.coalfields-regen.org.uk/wp-content/uploads/2020/08/goe-respect-cod_48142973.pdf)

## Equipment

Coaches are being asked to use only one set of equipment at each session to minimise contamination. We will be informing coaches on each session, whose responsibility it will be to bring their equipment to their session.

Bibs are not to be used at the session, as we cannot have young people sharing kit. We ask that you try where best to separate teams based on the colour of their tops.

Goalkeeper gloves can be worn if a young person brings their own personal pair. However they cannot be shared with other participants.

Equipment should not be shared, where possible, coaches should be the only people to handle equipment in training. Ball handling should be kept to a minimum with most contact via a boot and the ball disinfected by coaches during in breaks of play and before and after each session.

## Cleaning and hand washing

### Cleaning equipment

All coaches will be provided with their own cleaning pack which we expect coaches to take to each session. In the pack there will be cleaning product for cleaning equipment. We expect coaches to clean equipment (Balls, cones etc) before, during breaks and after each session. Where possible this should be the coach who is providing the equipment for this session.

### Hand Sanitising

Included in your cleaning packs will be hand sanitisers. We are encouraging all participants and coaches to hand sanitise before, after and during breaks in sessions. Participants have been encouraged to bring their own hand sanitiser to sessions, however coaches will also have one at the session that young people can use. We expect coaches to encourage participants to hand sanitise before, during and after sessions.

### Coaching Kit/ training wear

In term of coaching kit, we ask that coaches only wear the kit for the session (including travel) and that it is washed after every session. If you coach more than one session a week and require more kit then please let us know.

## PPE

It is not an expectation of coaches to wear PPE (such as face masks) when coaching a session, however coaches are welcome to wear PPE if they wish. PPE will however be included in your first aid kits in case of a life or limb-threatening injury needing treatment.

## Symptoms

COVID-19 symptoms are as follows:

### Main symptoms:



A high temperature (your chest or back feels hot to the touch)



A new, continuous cough (coughing a lot for more than an hour or three coughing episodes over 24 hrs)



The loss of, or a change in, your sense of smell or taste

### Other symptoms:



Fatigue



Shortness of breath or difficulty in breathing



Productive cough



Myalgia (muscle pain)



Headaches



Dizziness



Sore throat



Vomiting



Diarrhoea



Nasal congestion

### What to do if you get symptoms or someone in my household gets symptoms?

If you are symptomatic or living in a household with possible or actual COVID-19 infection you must not attend the session. Please inform Alex Hobson at the earliest opportunity.

### What to do if a participant displays / develops symptoms at a session?

All participants have been advised not to attend if they are symptomatic or living in a household with possible or actual COVID-19 infection you must not attend the session. The registration process also involves them declaring they (or anyone living in their household) doesn't have them.

If a participant displays or develops symptoms at a session then you must follow the following:



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1. Separate the participant immediately from the wider group.
2. Determine if the participants needs urgent medical attention and if so call for help (may include an ambulance) and manage any medical emergency as set out below, including correct use of Personal Protective Equipment (PPE)
  - a. If they are a child they should be taken home, or to seek medical attention if required, by a member of their household waiting in the car, and follow government guidance for symptoms of Covid-19.
  - b. If they are an adult and symptoms are mild, advise them to return home and follow government guidance for symptoms of Covid-19. – if the symptoms are moderate-severe, advise they do not drive, but get support from a household member to return home, they should not be taken home by someone who is not a member of their household/social bubble. They should then seek medical attention as appropriate. Please refer to the NHS 111 website for further details on accessing medical care and when this is advisable.
  - c. If other participants/coaches present have followed the social-distancing protocols, they need not follow any specific advice unless they develop symptoms. If they develop symptoms or if they haven't followed social-distancing protocols they would then need to isolate as per Government guidance.
  - d. Coaches must report this to Game On England staff as well as completing an accident report form.

### COVID-19 Check Sheet

The lead coach will receive COVID-19 session check sheet in your session pack. This will include what we expect the coaches to do at each session and will need to be completed and signed after every session, with a picture of it then emailed across. This will act as a reminder to coaches of the new steps we require you to undertake and will allow us to know they have taken place at the session.