



# Aisling Annacotty AFC Safer Return to Training Protocol

## Coaches Training

Rev 2

28<sup>th</sup> June 2020

# Introduction

- ▶ All coaches must follow the guidelines outlined in this training brief.
- ▶ The training guidelines are in line with the updated **FAI Safer Return To Training Protocol 2<sup>nd</sup> Edition** and have been designed following a full COVID-19 Risk Assessment carried out by the club.
- ▶ At least one COVID-19 Compliance Officer will be in attendance at all training sessions and will help players, coaches and officials to fully understand and adhere to the guidelines.
- ▶ The maximum numbers allowed at each training session are as follows:
  - ▶ Adult training - Group of 25 (24 players & minimum 1 coach)
  - ▶ Underage Training (Up to U12) - Group of 18 (15 players & minimum 2 coaches/volunteers)
  - ▶ Underage Training (U13 and older) - Group of 22 (20 players & minimum 2 coaches/volunteers)



# Safe practice Guidelines


Coronavirus COVID-19 

**DISTANCE YOURSELF AT LEAST 2 METRES (6 FEET) AWAY FROM OTHER PEOPLE**




TOGETHER WE CAN STOP COVID-19




Coronavirus COVID-19 

**COVER YOUR MOUTH AND NOSE IF COUGHING AND SNEEZING**



TOGETHER WE CAN STOP COVID-19



**Protect yourself and others from getting sick**

**Wash your hands**

- after coughing or sneezing
- when caring for the sick
- before and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after touching cuts, blisters or any open sores
- you can use alcohol hand rub, if hands are not visibly dirty



**RESIST** [www.hse.ie/handhygiene](http://www.hse.ie/handhygiene) 

Coronavirus COVID-19 

**NO HAND SHAKING**



TOGETHER WE CAN STOP COVID-19

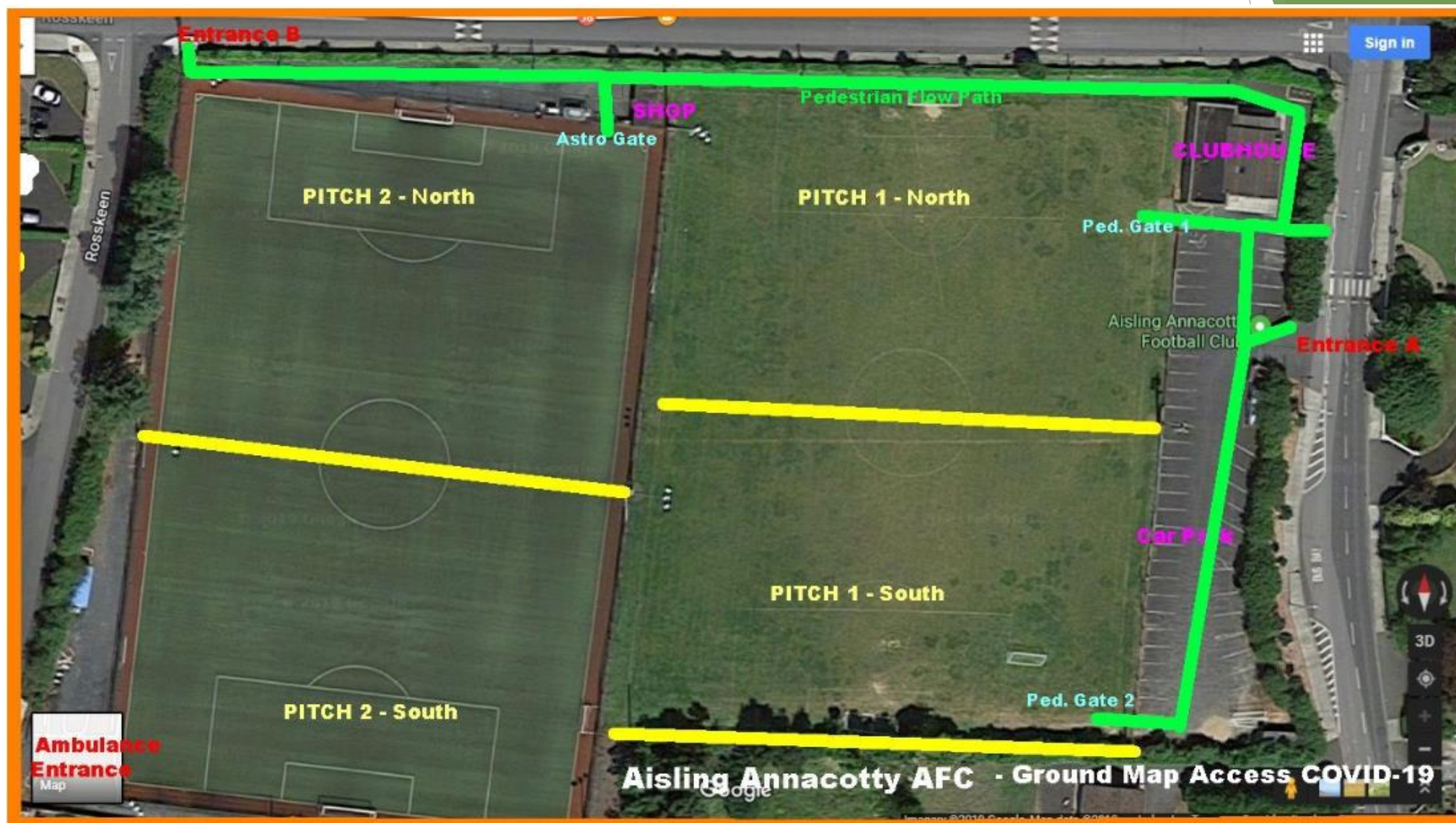


# Facility

- ▶ You will be informed by the club which training pitch has been allocated for your training session.
- ▶ Upon entering the facility, make your way to your training pitch as efficiently as possible.
- ▶ Social distancing will be in operation at all areas throughout the facility. Distance yourself at least 2 metres (6 feet) away from other people (see attached guidelines).
- ▶ Hygiene stations will be position in multiple location throughout the facility. All Players and Coaches must practice safe hand hygiene (see attached guidelines). For Killonan and Newtown pitches players should use their own hand sanitiser.
- ▶ Toilet facilities will be accessible but at a reduced capacity and social distancing guidelines will apply.
- ▶ No other Clubhouse facilities can be used. This includes:
  - ▶ Committee rooms
  - ▶ Tea Room
  - ▶ Changing Rooms
  - ▶ Shower Facilities



# Map of Facility



# Before You Coach

## You must stay at home if you:

- ▶ Have been diagnosed with confirmed or suspected COVID-19 infection in the last 14 days
- ▶ Have symptoms of cough, fever, high temperature, sore throat, runny nose, breathlessness or flu like symptoms now or in the past 14 days
- ▶ Have been in contact with someone with COVID-19, or a probable case of COVID-19 in the last 14 days
- ▶ Have travelled outside the Republic of Ireland in the last 14 days
- ▶ Have a temperature of 38°C or more
- ▶ Experience a sudden onset of a cough or a shortness of breath.
- ▶ Experience a sudden loss of a sense of taste or smell

## You must

- ▶ Check with your GP if you are a high-risk health category and ask if you are medically fit to train
- ▶ Ensure the club has up-to-date contact details for you
- ▶ If you have additional concerns due to underlying medical conditions - or living with people with underlying conditions - please discuss these concerns with your designated COVID-19 Compliance Officer who will advise
- ▶ Ensure that you have clarified that it is safe for you to return to coaching.
- ▶ Have completed and submitted the Return to Training form issued by the club.



# Coaches Responsibilities

- ▶ All coaches must be familiar with the updated **FAI Safer Return to Training Protocol** - (AAFC will provide a copy to all coaches)
- ▶ All coaches must ensure that all participants in training sessions are briefed on the updated FAI Safer Return to Training protocol
- ▶ Coaches must arrive to the session in their training gear
- ▶ All coaches must adhere to the updated FAI Safer Return to Training Protocols throughout the full duration of the training session
- ▶ Coaches must record and submit a register of attendance at all training sessions to the COVID-19 Compliance Officer for contact tracing purposes
- ▶ Coaches must bring their own hand sanitiser
- ▶ Coaches must ensure that the training area and pitch is clear of all equipment before leaving the facility
- ▶ Coaches must ensure that all training equipment - including goalposts and balls- are sanitised before and after every training session
- ▶ Bibs are not interchangeable during training session and must be laundered after each training session



# Training Sessions

- ▶ Each team will be allocated a training area - minimum half a pitch. Teams are permitted to train on full size pitch if one is allocated by the club.
- ▶ Each training pitch has dedicated entry and exit points (see map)
- ▶ Training sessions will last 1 hour. A 30 min gap between sessions will allow safe arrival and departure so that teams do not overlap
- ▶ All activity will take place on allocated training pitch
- ▶ Full contact training is permitted, including training games between teams from the same club from Monday 29<sup>th</sup> June
- ▶ Coaches must practice safe coughing and sneezing etiquette (see attached guidelines)
- ▶ Coaches must practice safe hand hygiene at all times (see attached guidelines)
- ▶ All meetings on the pitch should take no more that 10 mins and must adhere to social distancing guidelines (see attached).

