



Aisling Annacotty AFC Safer Return to Training Protocol

Player Training

Rev 2

28th June 2020

Introduction

- ▶ All players must follow the guidelines outlined in this training brief.
- ▶ The training guidelines are in line with the updated **FAI Safer Return To Training Protocol** 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



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 Train

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

You must

- ▶ Check with your GP if you are a high-risk health category and ask if you are medically fit to train
- ▶ Ensure your coach 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.



Player & Parent Responsibilities

- ▶ All players and parents/guardians of underage players must be familiar with the updated **FAI Safer Return to Training Protocol** - (AAFC will provide a copy with this training)
- ▶ Players and parents/guardians are advised to keep up to date with HSE guidelines via [hse.ie/coronavirus](https://www.hse.ie/coronavirus)
- ▶ Adult players must arrive to the training venue alone or can be dropped off by a member of the same household
- ▶ Underage players must be dropped off by a member of the same household or can arrive to the training venue alone (if appropriate age)
- ▶ Parents cannot remain within the training pitch area
- ▶ Players must arrive in their training gear and with their own equipment including water (labelled with their name) and shin pads
- ▶ Players must bring their own hand sanitiser
- ▶ Personal items must be labelled with the players name and not shared
- ▶ Players must bring all personal items home with them



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 29th 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).

