



Covid-19 Training - Coaches Declaration

A coach must arrive 15 minutes before a session commences and all equipment must have been thoroughly cleaned prior.

Communication

If a coach does not feel comfortable with the proposal, decline the opportunity to commence training and their decision will be fully supported by the club. There will be no pressure from the club until restrictions are lifted.

Once a coach agrees to proceed, a Declaration form must be sent to each parent / carer within that team and they must confirm acceptance before their child can commence training.

The coach must also reiterate the social distancing rules before each session.

All coaches and parents will be made aware that they can report any rule breaches or concerns to a club official and this will remain anonymous. The club will treat any concern seriously.

Any feedback / updates will be communicated with the coaches via the managers Facebook page. Any changes in FA / government guidance that affects the strategy will be communicated to all parties as and when these occur.

Session Planning

Sessions should be 60 minutes long and should be planned with the following structure:

1. Reiteration of Social Distancing Rules and expectations at the start of each session
2. Individual Warm up
3. Individual fitness
4. Individual ball work, either mastery or relay style dribbling drills. Note, for relay style drills, markers should be placed 2m apart for should players need to queue at a safe distance.
5. Passing, in pairs or small groups. Pairs or groups should be suitably spaced to avoid accidental contact.
6. Zoned game play for the older / more experienced players, with interceptions only. Actual matches should not occur but game situations can be created, with an intercepting defender to add pressure. E.e. Overload possession games such as keep ball 4v2, two touch etc.
7. Sessions should be limited to 6 people including the coach. For larger teams this may involve either multiple small sessions at different times or the team must be split into training groups. While one coach can oversee this, there should be a responsible adult supervising each individual group to ensure compliance is always being achieved.



Coaches Rules

1. Plan sessions in advance to ensure compliance with FA and Government Guidelines e.g. Social Distance.
2. Plan the session to minimise the use of equipment.
3. Arrive 15 minutes early to set up.
4. Ensure the First Aid kit contains gloves and masks.
5. Clearly mark out the training zones
6. Mark out a player briefing area where they can sit 2m apart and rehydrate while you are talking.
7. Pack away all equipment yourself to ensure all equipment used is thoroughly cleaned before next session.
8. Vacate the training area within your allotted time.
9. If an individual is symptomatic, living in a household with anyone who is self isolating or if you're classified as extremely vulnerable on health grounds, the guidance is that you should remain at home and cancel the session.
10. If a player / parent does not feel comfortable to return to training, this should not be taken into consideration in next seasons squad selection.

W.B.F.C. Juniors have done everything reasonably practicable to ensure full compliance with the latest guidance. If you have any doubts please do not return to training and if you wish to discuss please contact the club. If you witness any repeated breaches of rules, stop the session immediately.

The club will support you with your safe return to football but also in your decision not to return. By signing the below document you are confirming that you understand and accept what is required of you as a coach and you feel unpressured and comfortable to proceed with training.

Coach Name.....

Signature.....

Team Name / Age Group (2020/2021).....

Date.....