

# CENTRAL FOOTBALL ACADEMY

Our new website can be found on the following link:

<http://centralfootballacademy.com/>

Everything you need to know about the Academy is available here...

## CONTACTS

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The SFA are our governing body and their guidelines, from the Scottish Government, form the basis of the regulations.

For more in-depth information on all aspects of Covid-19 and Football, follow this link

<https://www.scottishfa.co.uk/football-development/return-to-football-hub/>



# CENTRAL FOOTBALL ACADEMY

## RETURN TO FOOTBALL

## COACH & PLAYER INFORMATION



# RETURN TO FOOTBALL

We are all pleased that we are now in the position to return to football, however we must be aware of the current regulations to ensure that it is safe to do so.

## BEFORE WE START

All coaching staff have received: Central's - Return to Football Training, and are ready to arrange football sessions.

The following information is an easy to read guide on everything that is expected of the coaches, players and parents, at this time.

1. Coaches must have their area for training set up before starting their session
2. Coaches will signal parents when ready to start the session
3. Coaches can only have a maximum of 10 players within their area
4. Coaches must maintain a 2 metre distance at all times
5. Coaches or players cannot leave their training 'bubble' for any reason
6. Once training is finished the Coach will ask that the players go to their transport
7. Coaches will collect, clean and store away all items used for the session

### Players:

1. Follow instructions from your Coach
2. Never go close to your Coach
3. If you are hurt, shout to Coach, if you can, get up and return to training
4. If not stay where you are, the Coach will instruct and alert your parent
5. Bring your own water bottle, don't share
6. If your parent is not there at the end of the session, alert one of the Coaches

## SAFETY OF ALL PLAYERS, COACHES AND STAFF IS PARAMOUNT

### PARENTS ROLE:

**IF YOUR CHILD IS ILL, HAS A TEMPERATURE, COVID-19 SYMPTOMS: DO NOT ATTEND TRAINING MAKE SURE YOUR CHILD WASHES THEIR HANDS THOROUGHLY BEFORE LEAVING TO COME TO TRAINING.**

If you are giving a child a lift who is not from your family ie 'bubble'\* can you ensure that you have permission to administer 1<sup>st</sup> Aid. Coaches are NOT allowed to provide 1<sup>st</sup> Aid except in a danger to life situation.

1. You will be issued 2 bibs on the 1<sup>st</sup> night of training: keep, wash after training and bring to next session
2. Parents\* must remain in the car at all times and not make their way to the training area, except in emergency
3. Keep your mobile phone near, in case we have to contact you to administer 1<sup>st</sup> Aid for your child

## FACILITIES

The current situation is that we are not able to provide facilities, toilets or changing rooms until the council carry out a Risk Assessment on the facility. We hope that the situation will be resolved soon, we have presented our Risk Assessment for Inchyra to the council to assess.

Once we have access there will be hand cleaning and the entrance, with limited numbers allowed inside, hand cleaning in the toilets and a one-way system marked out. More details will follow once the Risk Assessment has been passed, however if you alert your child that there will be new arrangements this should make the process run a lot smoother.

## MENTAL HEALTH

Our Inspire and Welfare Officer, is Courteney and her mobile is on the back of this flyer. We are aware that the impact of Covid-19 on our young players may affect them in different ways. If you would like to talk, in confidence with Courteney, about any concerns you have about your child, give her a text or call, she will help you with strategies or keep an eye out.

## CENTRAL AND COVID OUTBREAK – WHAT NEXT?

Currently we are in Phase 3 of the Covid-19 pathway and we may be confident that moving into Phase 4 will happen in the near future. However we have a responsibility to follow the Phase 3 guidelines until that time, the contents of this flyer reflect in summary what the rules are for re-starting football and we have no doubt that you, like us, want to make this process as enjoyable and safe as possible.

Each session will start with a Trace and Test Register, when your child arrives your Coach will register them online, that information, child's name and your mobile number will be held for 3 weeks. If during this time any person becomes ill from Covid this register will be forwarded to NHS 24 who will be in contact with everyone who appears on the register to ask you to undergo a Covid-19 test.

If any member of your family contracts Covid-19 you must inform the Academy so we in turn can inform NHS 24.

Central will not be in the position to inform parents, we are required to release the register at the earliest opportunity, please do not speculate or worry NHS 24 will be in touch if necessary.

