

# GALMINGTON DRAGONS FC

## CHECK LIST / BRIEFING / NOTES

(TRAINING AND MATCHES)



Age Group:		Manager/Coach:	
Date:		Time:	

	Training / Match Day Setup	Yes	No
1	Venue setup 15 minutes before players/parents arrive		
2	Hand wash station available and setup.		
3	Designated areas defined for players and coaches to put their named bags/drinks/hand sanitiser (2m apart). The marked areas must be used by all players/coaches before and after training/matches and during breaks		
4	Details of Player recorded.		
5	All players and officials have cleaned/sanitised their hands (20 seconds) before		
6	All equipment has been cleaned prior to use. Equipment to be setup and retrieved by coach		
7	All players checked for signs of Covid-19 symptoms. If any player has symptoms or is feeling unwell then the player must be sent home. If a player is not feeling well during training or the match being played, then the training/match must stop.		
8	Players have arrived in clean training/match day clothes. All players have their own training tops/match shirts		
9	Bibs must not be shared. Bibs collected at the end of the session in a sealed plastic bag and to be washed		
10	All equipment cleaned before packing away.		
11	No waste must be left at any facility, the manager/coach has conducted a sweep of the area to ensure all waste has been removed. Use a plastic bag to collect all rubbish, seal bag and dispose in accordance with guidance.		

Briefing to Parents, Players and Officials before Training/Games Start:	
Social distancing of 2m must be adhered to	
If anyone is not feeling well or has been unwell then talk to manager/coach?	
Ball to be kept at feet. Handling of the ball must be avoided/kept to a minimum. Nonparticipants to avoid picking up the ball with their hands. If the ball is touch, then it must be wiped clean	
Players must not spit or chew gum	
Do not shout or raise voices to limit the risk of spreading the disease	
Any removed items of clothing must be placed in players own bag in players marked area or at players cone	
If a player feels unwell then a coach must be informed immediately. If a parent/player tests positive for Covid-19 then the age group manager or an age group coach must be informed immediately.	
If there are any incidents where the rules are consistently being broken during training or a match, then the parent / player will be asked to leave the venue. If behaviour continues then training / matches stop.	
Goal celebrations must be avoided	
Equipment must not be shared i.e. goalkeeper gloves, bibs etc	
All players must take their bag/own equipment with them at the end of the training session	

Manager/ Coach Signature:	
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**Please note:** If the answer to any of the items listed 1-11 is **NO** then training/matches must stop immediately until appropriate measure have been implemented. This document is to be used in conjunction with the Galmington Dragons Generic Risk Assessment.

# **GALMINGTON DRAGONS FC**

## **CHECK LIST / BRIEFING / NOTES**

### **(TRAINING AND MATCHES)**



<b>Notes:</b>
Teams can train with groups of no more than 30 (coaches included)
Where possible, players, coaches and officials should arrive changed and shower at home. Use of changing and shower facilities must be avoided
Start and finish times must be agreed with parents/players. Parents/players must arrive no more than 5 minutes before the start of training and must leave the immediately upon training/games finishing
Regular breaks must be taken
Reduce in game scenarios to avoid physical contact / getting to close to each other
Any parents/spectators purposely breaking the rules will be asked to leave
Managers to inform parents via email that they are not able to offer lifts to any player/coach under any circumstances
Contact 3 <sup>rd</sup> party venues to obtain copy of Covid-19 secure risk assessment and instruct Managers/Players on any special venue specific arrangements. Provide opponents with Galington Dragons documents
If a Parent / player is unwell or tests positive they must notify the age group manager.
If a coach / player in unwell or tests positive the age group manager must advise a member of the Executive Committee.
All parents/carers of Participants aged 12 and under to attend all training sessions/matches (unless express permission is given due to unforeseen circumstances – not to be regular occurrence). Coaches must carry out dynamic risk assessments if there are any injuries. They must weigh up the risk of harm if player goes untreated with the risk of transmitting Covid-19.
All age groups to have Covid-19 PPE kit to be kept with First Aid Bag (1 x 500ml sanitiser, anti-bacterial/viral wipes disposable gloves, single use apron, Type 11R mask, protective visor / goggles)
A face mask should be worn by the parent/guardian while they wait to collect their player

<b>Personal Protective Equipment (PPE):</b>		
<b>Training Equipment:</b>	<b>First Aid Provision:</b>	Type 11R mask
1 x 500ml Sanitiser	Disposable Gloves	Sanitiser
Anti-Bacterial/Viral Wipes	Single use apron	Protective Visor/Goggles

**Manager / Coach Comments / Notes:**