Shankill FC Safer Return to training policy

**This training protocol applies to all sessions from June 29th 2020**

**Monday June 29th** - Teams are permitted to return to full contact training, including training games between teams from within our club

**Sat July 11th** – Teams are permitted to return to playing friendly games from this date

**Sat July 18th** – Teams are permitted to return to playing competitive matches from this date

**Personnel** - Training sessions should only be attended by the following people

* Club/Team Covid 19 Compliance Officer
* Players
* Head coach
* Coaching staff
* Medical/Emergency staff

**Venue**

* The venues will be our regular club training facilities in Shanganagh and Stonebridge park
* The club will ensure that the required written approval for the use of the training facilities is received from the Dun Laoghaire Rathdown county council
* The designated team Covid 19 Compliance officer is responsible for monitoring access and egress from the training facility
* Clear and appropriate signage must be evident at points of access and egress around the training facility
* Surfaces which can be touched (e.g. access areas, gates, doors, toilet facilities) to be sanitized before and after each session. This is the responsibility of the team compliance officer overseeing each session
* Adequate quantities of cleaning materials, hand sanitizers will be made available at multiple locations at the training facility
* All activity should be on the training ground
* There should be no use of dressing rooms, meeting rooms. Managers will have access to the club storage room in the clubhouse. Only one person at a time and touch points should be wiped down by each person when finished.
* An additional separate isolation room can be made available if a training ground attendee develops symptoms during the session, consistent with a new onset of covid 19 (e.g. sudden onset of cough, fever, shortness of breath, the loss of sense of taste or smell). The person should be given a face mask immediately and asked to wait in the isolation room while a decision is made on whether they should attend hospital, contact their GP or go home and self-isolate as per HSE guidelines. The player’s parents and/or GP should be contacted for advice.
* There should be no internal meetings held before or after the training session
* Any team meetings that occur on the training ground should be for no longer than 10 minutes and social distancing measures must be strictly observed
* Toilet facilities will be provided for use during training sessions. They will need to be sanitized thoroughly before and after each training session. All touch points will need to be sanitized after each individual use. Adequate quantities of sanitizing materials will be made available in the toilet facilities for this purpose.

**Travel**

* Players and coaching staff should travel alone/separately to sessions, unless they are household contacts
* Players and coaching staff to be dropped to training sessions by household contacts
* Household contacts can travel together to sessions
* Where practicable, players and coaching staff should record their temperature before they leave their homes for the training session. If they record a temperature of greater than or equal to 38.0C, they should contact their GP/Medical advisor before travelling to the training session. If they are deemed to be unfit to attend training, they should follow the advice from their GP. They should also advise their team coach and/or compliance officer
* Players or coaching staff whose personal circumstances change (e.g. contact with Covid19 case) should contact the team or club compliance officer (or team coach) prior to travelling to the training session
* The club will make available PPE (surgical face mask, gloves and protective apron) and thermometer (ear scan) with adequate quantities of hand sanitizer for the purpose of taking player temperatures
* Any player or coaching staff member with a recorded temperature equal to or higher than 38.0C should be sent home and advised to contact their GP

**Personal equipment**

* Players and staff members should bring hand sanitizer with them on their journey to training. They should use this when they arrive and when they are leaving
* Players and staff members should arrive in their training gear and change their football boots at the car
* Adequate quantities of hand sanitizers will be made available at multiple locations at the training facility for use by all attendees at the session and placed at convenient locations around the ground
* Players should bring their own rehydrating fluids and foods to the session. These need to be well marked so they can be easily identified by each player
* All personal items should be taken home by each individual player at the end of the session (bottles, food, energy bars, protein drinks, gear, gloves, spare boots, shin pads, etc)
* Training gear should be taken home by each individual player and staff member and washed at home

**Training session content**

* The traning session should include team players and coaching staff only
* Players should train in maximum groups of
  + Adult training – Groups of 25 (24 players and 1 coach minimum)
  + Underage training (up to U12) – Groups of up to 18 (16 players and minimum 2 coaches)
  + Underage training (U13 and older) – Groups of up to 22 (20 players and minimum 2 coaches)
* and at all times respect the accepted social distancing guidelines (currently 2 metres from teammates and coaching staff)
* The makings of these groupings can change through the session as long as social distancing is observed
* The coaches must observe social distancing
* No showering facilities should be used at the end of a session

**Training equipment**

* All training equipment – balls, bags, small goals, poles, ladders, etc, should be sanitized with disinfectant before and after each session
* Goal posts should be sanitized after each session
* These tasks should be carried out by the team compliance officer or other designated individual at the training session