



**Eastside Rapids  
Covid-19 Phase 3 Return to training  
August 2020**

The following document lays out the guidance as directed by the SFA in order to allow Eastside Rapids to train safely.

## Guidelines

- SFA Guidance - Sessions -. 15-minute turnaround between sessions. Maximum of 15 per quarter pitch, min of 2 club coaches in attendance. Groups will be the same from week to week.
- A Covid-19 risk assessment has been carried out on the training venues.
- All training equipment including goal posts are sanitised before and after every training session.
- Maintain a record of attendees at all training sessions in line with Scottish Government Trace and Test guidelines.
- The training will take place outdoors, players of all ages do not need to physical distance whilst playing but should be physical distancing (of 2m) when off the pitch.
- Should it be inclement weather - training will be cancelled. Kerr/Lauren will notify via the team app and Whatsapp group. No alternative will be given.

## Health and Hygiene

- If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue in a plastic bag and take home then use hand sanitizer.
- Avoid touching your face and use hand sanitizer after training is finished.
- Anyone with symptoms of COVID should self-isolate for 10 days and request a test. Household members for 14 days as per NHS guidelines.
- No one who is self-isolating should attend.
- Outside of training sessions everyone must adhere to physical distancing of 2 meters.
- Any player who is feeling unwell in any way they should not come to training.

## Before training

- Coaches and parents/carers and players should adhere to the Scottish Governments Physical distancing guidelines of staying at least 2m away from others.
- Please tell Kerr as to whether your child will attend or be absent from any training session via the RSVP function on the team app. This is necessary for contact tracing if required. Ensure we have a current contact number.
- Wash your hands with soap and water for at least 20 seconds before leaving home to go to training and go to the toilet.
- All players should arrive already wearing clean kit
- On arrival at the gate use the hand sanitiser, parents/carers (only one per player) at correct time as given by Kerr, wait at Park Gate, please remain physically distant (preferably if possible, still in car) until Lauren/Kerr indicates training has started. Please remember to park your car on Rosewell Road, Parents are encouraged to return to their car.
- Groups of parents from different households must not congregate before, during or after the activity.
- Parents/carers please drop your player at training and then go.

### Personal equipment

- Kerr and Lauren will set up and clear up equipment. This will be wiped after each session.
- No use of hands or heads with the balls.
- Bring your own water bottle, do not share with others
- Ensure you take all personal belongings with you at the end of the training and do not leave anything at the park.
- Hand sanitiser is available and detergent wipes.

### During participation

- At end of training, players/coaches will use hand sanitiser- Kerr/Lauren will dismiss children to relevant adult in the courtyard at the entrance to the park, ensure you are there on time to collect your child to minimise extra traffic and leave as promptly. Please remain physically distant and be respectful of the residential area that the park is in.
- Do not congregate with others and adhere to physical distancing rules.
- Where required players will be encouraged to tie their own shoelaces.
- Please ensure players wash hands once home.

### Emergency Procedures

- First Aid - should an incident happen - Lauren/Kerr will phone parent/carer and support the child to self-administer if appropriate and be of support until parent arrives.
- Should emergency first aid be required - Lauren/Kerr will wear PPE equipment and administer appropriate first aid.

**By attending training, you are confirming the following conditions are true.**

- You are not experiencing any COVID symptoms now, or in the past 48 hours.
- You have not been in contact with anyone with suspected or confirmed COVID-19 in the last 2 weeks

**If your child develops symptoms after attending an Eastside Rapids training session, follow the Scottish Government Test and Protect Guidelines. They will ask for the COVID-19 Coordinator, this is Susan Thomson 07850 676 680.**

**It is not the club's responsibility to inform other players if someone has tested positive, but we will pass on relevant details of session attendees to the NHS Test and Protect Team.**