



Return To Training: GUIDELINES

29 July 2020

Dear PAYFC Member

We have now received confirmation from Midlothian Council that we can return to training on the grass areas at Bog Road. We will, therefore, return to training on w/c Monday 27th July 2020 with one session per age group now planned for that week. Providing all goes well during that week and strict guidelines, detailed below, are followed it is our intention to then allocate two sessions per age group starting from w/c Monday 3rd August 2020. That should then be us back to our full training activities, albeit curtailed by COVID restrictions in place.

With a full return to training planned, under COVID-19 restrictions, I would ask that **EVERYONE** involved either as a Parent, Guardian, Coach, Player, Helper or Spectator **MUST** adhere to the following guidelines to ensure the continued Health and Safety of everyone involved.

These procedures have been set out by Government and the SFA with PAYFC managing these as best we can to allow training to return in a somewhat restricted format.

1. The Player/Parent **MUST** register through the Team App **PRIOR** to the player arriving at the Bog Road facility. The reason for this is that this is our Track & Trace Register informing us of who has attended in order that we can inform if someone then gets the virus. **If you are not registered through Team App you will be turned away.**
2. Each age group is responsible for ensuring you have a COVID Officer at the COVID desk taking the register, checking temperatures and hand sanitising. The COVID Officer should arrive 20mins before the session to allow all checks to be carried out in advance.
3. Coaches will be given a key to access the Clubhouse for the equipment used and should arrange to pass this on to the next group to use the facilities, even if this is the next day. **Only those Poles and Cones stored in the Clubhouse should be used, NO OTHER EQUIPMENT, each age group should bring their own PAYFC Footballs for use.**
4. Coaches should arrive 20mins before their allocated session start time. This allows 10mins to get your temperature checked and hands sanitised then set up your training area and sanitise all equipment, Poles, Cones and Footballs **PRIOR** to the start. The use of goals is **NOT ALLOWED** due to the need to sanitise the goal nets. Back to the 'jumpers for goals days' or use spare cones or poles if you want to have goals.
5. The Car Park is in use and should be used as the entrance to the area and as a drop off zone. Parents/Guardians are welcome to stay and watch but must do so from outside the fence-line on Bog Road. They should not pass the COVID desk towards the training areas.
6. Players should arrive 10mins before their allocated session start time. Players should report to the COVID desk where they will have their temperature checked (if over 38deg, you will be sent home) and hands sanitised.



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7. Once a player has been checked, as above, they will be told to report to their Coach and wait in a 'holding area' keeping separate from other groups until you are told to go to your training area.
8. No one should touch the football with their hands, as their hands and also the football would then need to be sanitised again.
9. There are 10 training areas of 20m x 20m marked out and NO MORE than 2 Coaches and 10 players should be in any area. Areas CANNOT be joined up to create a 'match' in the current situation. Coaches cannot alternate between groups. The 2 + 10 basically creates a bubble for the session.
10. The sessions last for 40mins and this CANNOT be extended even if the pitches are clear after your 40mins. This is a direction from the SFA in order to introduce the players back safely to exercise. These sessions are initially about Health & Wellbeing and getting the fitness levels back up, more than skills.
11. During the session should a player get injured, the Coaches are not allowed to touch/care for them, unless we consider the injury to be life-threatening. A First Aid Officer and Kit will be there but our guidelines state not unless considered life-threatening.
12. Coaches are not allowed to tie any shoe laces or make contact with any player and must maintain a social distance of 2m from all players
13. On completion of the 40min sessions Coaches MUST again sanitise the players hands BEFORE they leave the area and also the equipment, Poles, Cones and Footballs.
14. On leaving the training area, we have a one way system in place, and the training areas should leave one group following the other and leave by going through the gap between the Clubhouse and the Pavilion and into the Car Park. Other age groups/teams may be standing in the holding area awaiting their session starting.

If anyone has any questions on the above, please contact either:

- General Questions on Return to Training: Colin Pryde at chairman@payfc.net
- Use of Team App: Graham Brown: socialmedia.web@payfcnet.com

I have also attached to this post the guidelines for Phase 3 return to training issued by the SFA.

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