



Wealdstone Youth FC – Post COVID 19 do's & don'ts for Managers & Parents returning to training

Managers / Coaches

1. Do not train in groups of more than 30 children
2. Do not train anywhere else other than the Vale
3. Keep to social distancing guidelines where not playing in a match or competitive training
4. Do follow the WYFC Operational Plan and Risk Assessments
5. Do follow hygiene requirements as outlined in the Operational Plan & Risk Assessments and Government guidance
6. Do ensure that players / parents and all coaches are aware of hygiene requirements and follow them
7. Do not push parents and players to return to training at this time if they are not comfortable with it or have issues such as vulnerable children / family, shielding or self-isolating
8. Do continually check with parents / carers to ensure they or their children are not showing signs of COVID 19 and/or have been ill in the last 14 days and that they have all filled out the covid19 self-declaration for training and matches.
9. Ensure opposition are aware of the COVID19 plan and RA and they have a list of the parents / players that attended
- 10. Do ensure parents are aware that they must drop their children off there is no parking at the vale managers / coaches only due to limited spaces and numbers training, they are not to stand on the grassed areas for training and must remain by the club house, it is your responsibility they remain socially distanced as per current Government guidelines (2 meters)**
- 11. Parents remain in groups of 6 socially distanced along the side lines**
12. Do ensure parents keep to good hygiene practices
13. Do not offer lifts or travel with anyone outside of your households / bubbles
14. Do ensure parents / carers do not congregate in the car park at the end of training sessions
15. Do check before the training session that children do not have any of the following symptoms:
 - a) Have a high temperature above 37.8 degrees centigrade
 - b) Has developed a new continuous cough
 - c) Has a shortness of breath or a sore throat
 - d) Loss or change in normal sense of smell or taste
 - e) Feeling unwell
16. Do ensure players carry out a full warm up at the start of training due to inactivity if not done correctly this may cause injury to children
17. Do ensure there are no handshakes or elbow touching taking place as this is not compliant with social distancing
18. Do ensure players have their own named sanitiser and water bottle
19. Equipment should be shared infrequently as possible and disinfected regularly
20. Do ensure players refrain from spitting
21. Do ensure that you wear a face mask and latex gloves if required to treat a player due to injury but you must assess if this is a threat to life or limb, you need to maintain social distancing as much as possible
22. Do ensure all managers / coaches have current DBS check and safeguarding (under no circumstances are managers / coaches to allow persons not qualified to assist with training)
23. Do ensure safeguarding rules are followed
24. Do ensure that you have the correct ratios of managers / coaches to children
25. Do ensure parents / Carers provide consent to attend training
26. Do listen to children in case there are any safeguarding issues with home life etc... made worse due to being stuck in doors due to COVID 19



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Parents / Carers

1. Do ensure your child attends the correct training session and time for their team
2. Do not provide lifts to other children outside of your own household where possible, if not please follow government guidance
3. Do ensure your children are aware of the 2m social distancing rule and that they need to follow it when not playing or training in a competitive setting
4. Do ensure these do's and don'ts are explained to children and they follow them
5. Do ensure they respect and listen to all respect co-ordinators, Managers / coaches and club officials
6. Do make yourself aware of the WYFC operational plan and risk assessments and do make sure your managers and coaches are following the hygiene procedures, if you are not happy please remove your child and discuss the issues with WYFC Executive Committee Members
7. Do check your child is happy to return to training and that you are happy for them to return, if you and your child are happy you must provide your consent to the manager to return to training via the self-declaration form
8. Do ensure your child is not attending a 1:1 training session with any coach / manager must have another adult present and in line of sight
9. Do please ensure they know what 2m looks like
10. Do ensure you watch the training session from the car park / club house area under social distancing rules (no parking on site, managers and coaches only)
11. Do comply with the rule that you cannot enter the field of play / any grassed area, you must watch from the car park, unless a friendly match but must be in groups of 6 and socially distanced
12. Do ensure that your child arrives ready and changed for training
13. Do consider all other forms of transport before using public transport, if public transport must be used please ensure you are following guidelines and wearing latex gloves and masks as per Government guidelines
14. Do note that toilets and the club house will be open
15. Do ensure you have discussed all and any changes to your child's medical conditions to ensure that the club / Managers make necessary changes to include your child's needs where possible
16. Do ensure that children are aware they are not to touch balls and other equipment with their hands unless in a competitive environment
17. Do ensure they are aware of the one way systems to enter and leave the field of play
18. Do ensure your child brings with them their own hand sanitiser and bottle which is clearly labelled with their name on it
19. Do explain that they should not sneeze or cough into their hands but the crook of their arm or a tissue and bin it immediately and not to touch their face and sanitise their hands immediately
20. Do ensure managers and coaches have up to date emergency contact details and that you are contactable on the day / night of training at all times (in case showing signs of COVID19 and/or injury)
21. Do ensure your child is not showing any symptoms before they arrive to training
22. Do ensure your children do not train anywhere other than the Vale for WYFC as this is not insured or covered by the club and is not covered under the operational plan and risk assessments
23. Do please explain to your children they are not to spit