# PENTYRCH RANGERS AFC LOGOPENTYRCH RANGERS AFC LOGO

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**(AFFILIATED TO THE SOUTH WALES FOOTBALL ASSOCIATION)**

**Pentyrch Rangers AFC Covid 19 Training Protocols**

**Covid 19 Return to Safer Training Contacts:**

* **Covid 19 Officer:** Stef Carnell. Tel: 07800 644452 Email: stefkean@hotmail.com
* **Covid 19 Club First Aid Officer:** Steve Carnell. Tel: 07802 320748 Email: safeguarding.pentyrchrangers@gmail.com
* **Covid 19 Training Officer:** Mark Grant. Tel: 07734 911340 Email: markgrant70@sky.com
* **Covid 19 Operational Leads:** These are the lead coaches in each team. Please contact Stef Carnell if you are unsure who this is.

In addition to the protocols issued by the FAW (please see below), Pentyrch Rangers are asking all Coaches, First Aiders, Team Helpers, Players, Parents and Guardians to abide by the following rules.

In addition, we need to ask everyone involved in attending training to sign a copy of this document before training commences. Coaches and Team Helpers to return it to the Covid 19 Officer. Players (over 12 years) and Parents / Guardians (Under 12 years) to return it to the Covid 19 Operational Lead. Failure to return this form will mean that you will be unable to take part in training.

**Training Organisation**

* Training slots must be booked by each team directly with the Covid 19 Officer to ensure there is availability at the training ground. If a team does not need the ground any given week this is to be advised so that another team can make use of the availability.
* We must comply with the ratio of one coach / team helper per five players with one of these being a first aider. In order for Pentyrch Head Coaches to ensure this is possible, we ask that a training booking system is put in place. In that way coaches can ensure they have adequate cover for the number of players attending the training.
* Training drills, ideas and guidance will be issued by The Covid 19 Training Officer ahead of Training commencing but there is also sessions available to coaches on Coach Cymru on the FAW web site.

**Hygiene**

* We ask that all coaches, team helpers, first aiders, players and spectators wash their hands before coming to the training session and that players shower and change clothes on arrival back home.
* Coaches must clean balls, cones and equipment with antibacterial soap before and after the training.
* Where ever possible bibs are not to be worn, but should they be required, these are to be taken by a coach and washed immediately on arrival home ready for the next session.
* Players and Coaches are to label drink bottles with their name and these are not to be shared or stored in the same area during training.
* Clip boards and pens are not to be shared.
* Cones and equipment are to be handled by coaches / team helpers only and not the players.
* Coaches are to mark out the pitch into areas using cones ahead of training commencing.

**In order to minimise contact / interaction between arriving and departing teams and attendees:**

* Training is to be held on the left-hand football pitch at Parc y Dwrlyn, our home playing ground.
* On arrival please access the playing area from the carpark by taking the path that goes behind the rugby club and between that and the tennis courts.
* On departure please leave the pitch following the bottom boundary of the cricket pitch and access the carpark between the two rugby pitches.
* Please try to arrive no more than ten minutes before your training time and please try to depart swiftly once training has completed.
* Spectators are advised to stand 2m back from the pitch and maintain a 2m distance between each other.
* Ideally, coaches / team helpers will retain the same 5 players at each training session to minimise the number of interactions. Head Coaches to plan training and teams ahead of the sessions once booking is complete.

**Register / Traceability**

* In order to ensure everyone’s safety and to comply with traceability requirements, you must complete the Training Register on arrival and on departure.
* Players are not to enter the playing area / pitch until they have been spoken to by the relevant Coach / Team Helper in order to complete the register.
* If anyone develops symptoms after attending a Pentyrch Rangers training session please advise the team Operational Lead for traceability.

**First Aid**

* In the event of an accident or the need for first aid to be administered the First Aid Officers are to follow the guidance laid out in the Covid 19 First Aid Guidance document issues separately to all Pentyrch Rangers Coaches and First Aiders.
* First Aid kits will contain masks, gloves and sanitiser which must be used in the event of a need to administer first aid.

**Please can all Coaches / Team Helpers / First Aiders / Players (Over 12 years) / Parents / Guardians (Under 12 years) sign below to acknowledge receipt of this document and the FAW Return to Training Phase 1 instructions below, to confirm an understanding of the requirements and agreement that they will comply.**

**Signature** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Name**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Role / Relationship to Player** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



