

Saddleworth 3Ds FC – Training Update and Newsletter



Hi All

Welcome to Season 2020-21 and many thanks to everyone who has completed and returned the new electronic signing on form. It is only 1st July and we already have over 170 players signed on, which is a tremendous response given the current uncertainty.

The officers and committee have been extremely busy preparing for the new season over the last few weeks. A virtual AGM was held on 11 June followed by a meeting planning for the new season. Minutes for both of these meetings will be available shortly.

As was mentioned in an update in early June, we have been working on plans to provide a return to safe, socially distanced training following Government and FA Guidelines. We are now delighted to confirm that we have everything in place to commence training from Monday 6 July. Individual coaches will be in touch with their team regarding locations and times.

As a club which has decided to co-ordinate football activity, we have to ensure that everyone plays their part in ensuring that we do so safely. That includes parents, players, coaches and officers. Each parent, player, coach and officer will need to decide when they are ready to continue with their role in football and there is no pressure on anybody to do so. The club respects the decisions of those who do not wish to continue at this stage and we will be ready to welcome them back and support them whenever they are comfortable to return. The club has also carried out a comprehensive risk assessment prior to making any arrangements for training to commence. Training can only be done in groups of up to 5 players and their coach. Coaches must be DBS checked, Level 1 and first aid qualified.

Only those who have submitted a digital signing on form for season 20-21 by Friday 3 July can participate in training. If players sign on after this date, an up to date player-list will be

sent out each Friday to the respective coaches who will ensure that only players on their list come to training.

Restarting football will require the introduction of new arrangements and unfamiliar restrictions. By attending training, it is assumed you have read and agreed to these guidelines; your consent is given via the signing on form:

- Everyone must maintain good hand hygiene, handwashing and social distancing – parents should support their children in these practices.
- In line with Government guidance players should only travel to training with other members of their household and there should be no car sharing with members of other households.
- There will be a safe space designated for parents to wait and watch training while remaining socially distanced.
- Players and coaches must arrive changed and ready for exercise.
- Hand sanitiser should be used at the start and end of the session and if inadvertent contact is made with another person or piece of equipment during the session.
- Bibs are not to be used.
- Players should bring their **own** drink and hand sanitiser ideally clearly marked with the owner's name. All personal belonging should be kept away from those of others. No sharing of drinks.
- For training at the Saddleworth School pitch a one-way system has been introduced and should be followed.

- There will be a 15-minute changeover between sessions. The previous session will begin and end promptly and the teams will leave the training area before the next session comes in. Please do not enter the training area until the previous session has left and ensure social distancing is observed. Training sessions will now be 45 minutes.
- Anyone who is showing symptoms of the virus or has been in contact with someone displaying symptoms in the last two weeks should not come to training and should stay at home until an NHS practitioner advises you that you no longer need to remain in isolation. Likewise, if symptoms appear during the session.
- Players must not touch any training equipment. The focus will be on kicking the ball. Goalkeepers and those providing goalkeeping training should wear gloves. Equipment will be handled by coaches only and it is their responsibility to ensure that it is disinfected after use. If equipment is handled by more than one person, they should sanitise hands immediately and avoid touching their face.
- Players should refrain from spitting. If a player needs to sneeze or cough, they should do so into a tissue or upper sleeve and avoid touching their face.
- In the event of an injury, a member of the player's household can aid them but others will still need to socially distance unless a life or limb-threatening injury necessitates breaking guidelines. All first aid trained persons will be supplied with gloves and masks.
- At the end of the session please leave promptly and do not congregate to avoid congestion at gates or doors.

This is a summary of the key points that everyone needs to follow to ensure each other's safety. Full details of the FA's guidelines can be found by clicking this link:

<http://www.manchesterfa.com/news/2020/jun/12/updated-football-restart-guidance>

There are separate guidelines for coaches, parents and carers and adult footballers. **Coaches** should ensure they read their guidance before commencing training.

If you have any queries regarding training or any other matter, please contact us via the below email address.

Finally thank you to everyone who takes up the opportunity to take part in football again but if you don't feel you or your children are ready to return to football there is no pressure. Everyone's health, wellbeing and safety are the priorities.

Stay Safe

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