

St Neots Town FC
Academy
Covid-19



St Neots Town Football Club Academy

St Neots Town FC Academy Covid-19 pack



Plan to get children active again! Safety Measures

Ensure all equipment has been wiped down and sanitised before anyone arrives at the football club or enters the training area.

Parents to be given detailed information regarding health and safety measures, drop off and pick up zones and times, areas clearly marked out to ensure safe 2m distancing.

Players and parents will have all the relevant session information prior to arrival at the training area, this will also be reinforced prior to the session starting.

Sanitizers and hand wipes supplied upon arrival and to be used when entering and leaving the training area. Ensure one person is in a waiting area at any one time, areas to be 2m apart.

Players will be asked, one at a time, to go to a numbered station to start the session. Parents will be advised to wait for the duration of the 45 minute training session and leave an emergency contact number in case of injury. If waiting at the facility, all Government social distancing rules apply.

Drinks must labelled/named and be carried with players at all times. Drink bottle to be placed 2m apart.

On departure the players will wait in the pick zone area 2m apart

Sessions are created so that they can add a little more distance between players and adhere the current Covid-19 safety measures at that particular time.

When shooting, a keeper can be in goal however must respect the 2 metre rule. If this is not feasible, then targets will be placed in the goal, instead of having a goalkeeper.

If queues are needed for the activity they will be coned off so players know the correct distance, however the groups should be fairly small.

No competitive SSG or opposed situations will be introduced until full clearance has been given by the Hunts FA

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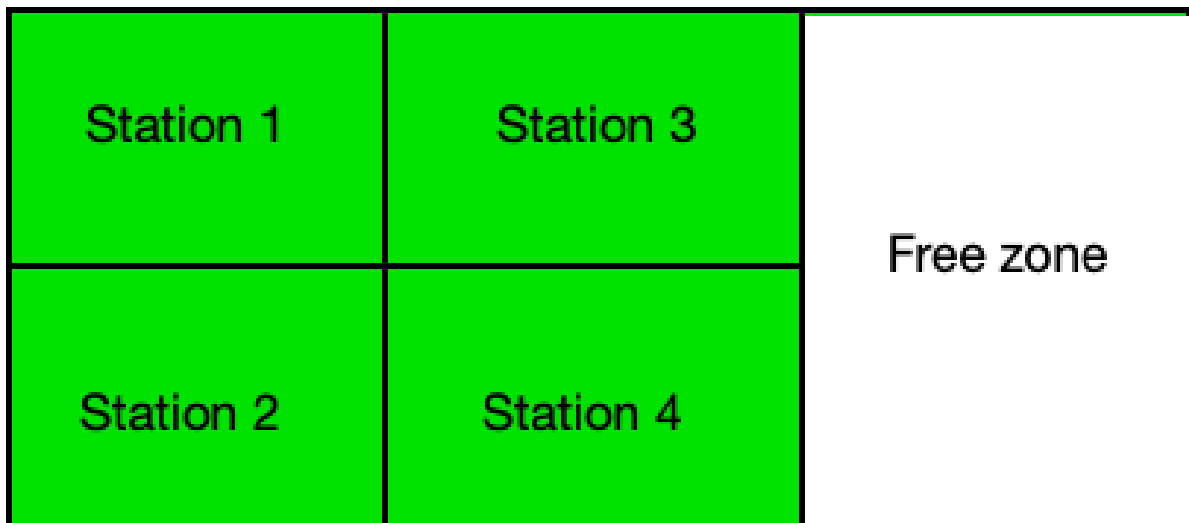
In the event of an injury

If an injury occurs during the session, the parent will be contacted immediately, if the injury is considered serious, the coach will wear a face mask and disposable gloves to treat the player until a parent and/or emergency services arrive. If it is appropriate, the player will also wear a face mask and gloves.

There will be a large 'Free Zone' opposite the main training gate entrance.

Training Area

Entrance



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Hand Washing and Toilets

Male and Female toilets will be situated in the outdoor astro block changing rooms and be clearly labelled

Hand sanitizer and wipes will be provided on a table outside to clean hands before and after use of the toilet.

Only 1 person at a time is permitted to use the toilet. The floor will be clearly marked in case a queue forms to adhere to social distancing measures.

Hand washing to take place before entering the 3G. Hand washing facilities and sanitizer are provided.

The 3G dugouts will also be cleaning station for hand washing and wiping down of equipment. This will be coned and work as a 1 in 1 out system to adhere to social distancing measures.

Staff safety

All staff will be briefed prior to coaching on the safety measures they must adhere to.

Coaches will wash hands prior to handling any equipment, ensuring they wipe equipment down before and after use.

Coaches will be provided with masks and gloves which will be accessible from the cleaning stations.

All coaching will be done from a 2 metre distance.

Each coach will access the 3G individually and have their own working/coaching area.

Walkways will be provided for movement around and across the 3G.

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Isolation Rooms

What are they?

Isolation rooms are rooms in which anyone who feels they have started having symptoms or becomes ill during a training session can be safe and separated from the rest of the people participating in the session. These rooms will be dedicated rooms specific for these requirements and will be monitored by a child welfare officer.

Where?

We will have 2-3 dedicated spaces, one will be located in the space changing room next to the 3G this will have a sign on and be pointed out to all players, coaches and parents before the session. We will also have a dedicated room in the main building this will be sign posted and all coaches, players and parents will know the location of this room. The rooms will be monitored by our child welfare officer and communication between staff on site to best manage the situation if it was to occur. If someone does fall suddenly ill a whistle will put a stop to all activities until the person has been dealt with safely.

How?

Signs and directions
Reminders and conversations prior to session.
Email before session of location and purpose.
Child welfare officer and additional staff.
Quick and effective system to communicate between staff.

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The role of the child welfare officer

Who?
Iain Parr
Mick Hunt

where ?

Located at the entry and exit of the 3G to monitor requirements and measures are met, along with manning the toilets and isolation room.

Additional CWO to be located in the main building be easily contactable through mobile phone.

Roles

Ensure all Sntfc staff comply with the UK government and FA social distancing guidelines and measures.

Ensure all Sntfc players comply with the UK government and FA social distancing guidelines and measures.

Ensure all Sntfc parents comply with the UK government and FA social distancing guidelines and measures.

To act and make decisions based on the best interest of anyone attending the facility and advise on changes to ensure everyone is safe at all times.


To monitor queues and access to the building, changing room and toilets.

To ensure everyone has consent and understands the rules put in place by Sntfc.

To be an open line of communication between staff, players and parents,
addressing any Concerns raised.

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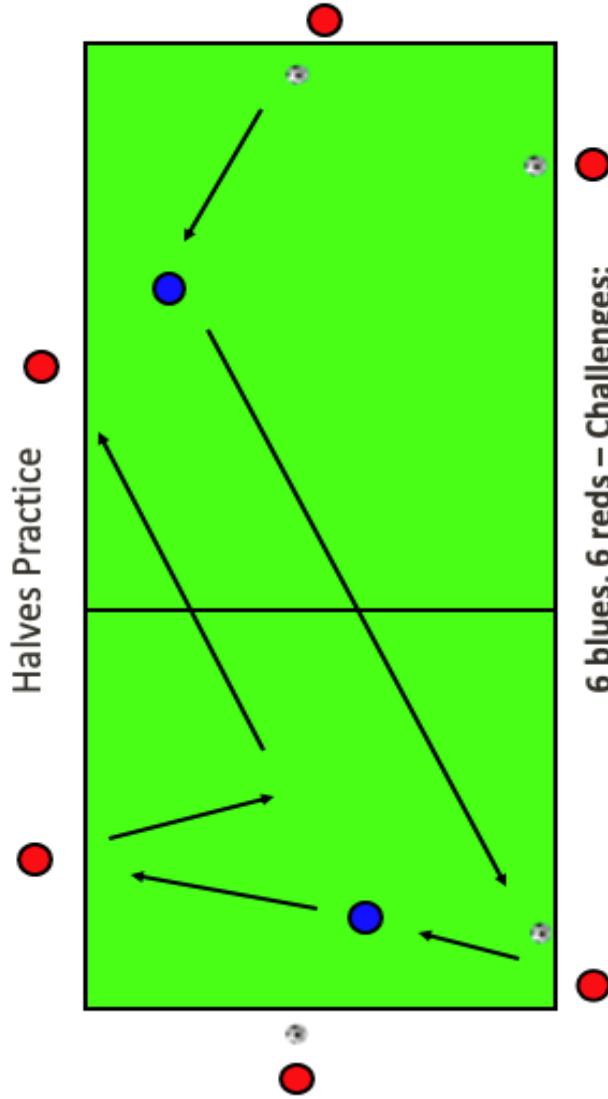
TOPIC	Technical Carousel Passing and Receiving		
DATE			Duration - 45 Minutes
TECHNICAL/ TACTICAL <ul style="list-style-type: none"> - Accuracy of pass - Timing of pass - Weight of pass 		SOCIAL <ul style="list-style-type: none"> - Communication - Enjoyment - Ownership 	
PHYSICAL <ul style="list-style-type: none"> - Agility - Coordination - Balance 		PSYCHOLOGICAL <ul style="list-style-type: none"> - Decision Making - Repetition 	

SESSION DETAIL
FOCUS PLAYER: NO.4 & NO.8
PRIMARY UNIT: Midfielders (everyone on the pitch)

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8. Receiving to Pass Forward



- Receive from red and play to another red in other half of the pitch (4 balls)
- Receive from red and play combination off another red before playing to other half of the pitch (3 balls)

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ARRIVAL ACTIVITY



Ball mastery - Everyone gets their own ball, in their own square. 1 minute to practice a skill. Then 30 seconds rest.

Toe taps - Step over's
Inside outside - instep taps.
Ronaldo Chops - Ball rolls

PRACTICE



Station 1

Receive back foot, safe side of the mannequin, look to play out to the other side.

Station 2

Stand at least 2m apart from your partner, looking at making high tempo 1 touch passing. Ensure you are on your toes, looking to play with both feet

PRACTICE



Station 3

Receiving with mannequin directly behind. Looking for unpredictability when looking to receive / protect the ball. Look to play out to the opposite side.

Station 4


Football Volleyball: pairs are allowed 3 touches between them and the ball must not bounce.

Points scoring system will be based on the rally number to focus on the passing between the opposing pairs.

SSG - Not Applicable during Covid-19

St Neots Town FC Academy signing on pack



DATE	Technical Carousel - Shooting		
DATE			Duration - 45 Minutes
TECHNICAL/ TACTICAL <ul style="list-style-type: none"> - Type of shot - Positioning of GK / Targets - 		SOCIAL <ul style="list-style-type: none"> - Communication - Enjoyment 	
PHYSICAL <ul style="list-style-type: none"> - Balance - Coordination - Power - Strength 		PSYCHOLOGICAL <ul style="list-style-type: none"> - Reward system. - Decision making 	

SESSION DETAIL

FOCUS PLAYER: NO.9

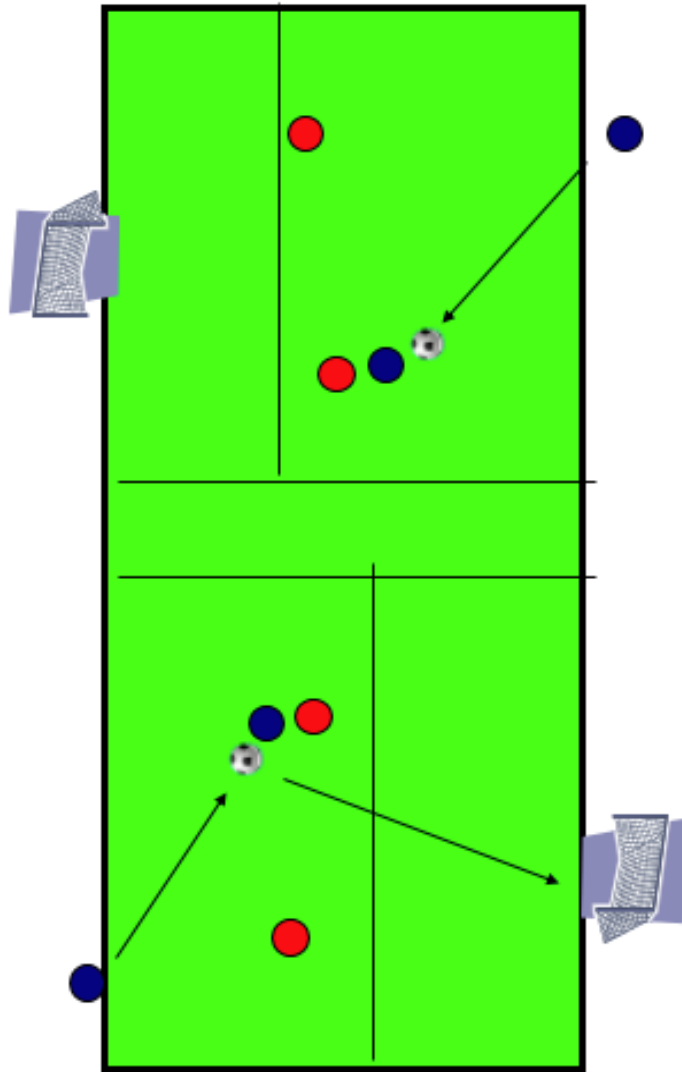
PRIMARY UNIT: Forwards

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Receiving to Shoot

Repetition Circuit



Repetition Circuit – Server & No 9 Receiving Player. ● = Mannequin

Key: release from mannequin, body shape when receiving, 1st touch out of feet, shoot, finishing technique, type of shot, hit targets in goal.

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ARRIVAL ACTIVITY



NOTHING BUT NET!! Looking at both accuracy and power. Challenge the players to strike the ball from different distances. The ball is not allowed to bounce. The ball has to hit the back of the net before anything else. Then can move onto the next distance.

PRACTICE



Station 1

Back up against a mannequin. Facing away from goal. Based on the pass you receive, must look to turn mannequin and get a shot off on goal
What types of shot would you use? How would you turn based on the pass that comes in.

Station 2

Dribbling and driving towards mannequin, look to 'beat' the mannequin and get a shot off on goal.
- how would you get passed the mannequin? What type of shot would you use based on dribbling / keeper.

PRACTICE



Station 3

Start on the left hand side of the mannequin facing away from goal. Pass the ball to CM, open body up and curve run around the right hand side of the mannequin to go 1v1 vs the keeper / to shoot at targets in goal.


Station 4

Edge of area shooting. Simple, make a 1 -2 combination on the edge of the area. Then one touch and shoot.
What type of shot based on pass and position on the area.

SSG - Not Applicable during Covid-19

St Neots Town FC Academy Covid-19 pack



DATE	Technical Carousel - Dribbling			
DATE			Duration - 45 Minutes	
TECHNICAL/ TACTICAL <ul style="list-style-type: none"> - Weight of touch - Use of both feet 		SOCIAL <ul style="list-style-type: none"> - Communication - Enjoyment 		
PHYSICAL <ul style="list-style-type: none"> - Balance - Coordination - Agility 		PSYCHOLOGICAL <ul style="list-style-type: none"> - Reward system. - Decision making 		

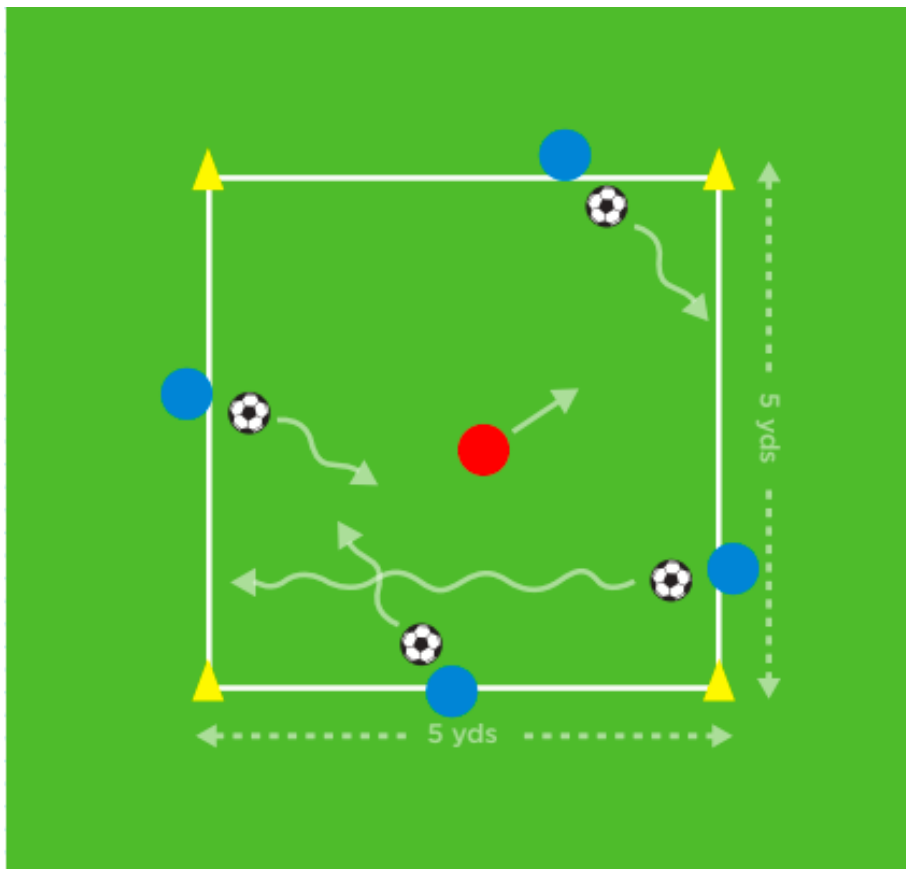
SESSION DETAIL

FOCUS PLAYER: NO. 7 & 11
PRIMARY UNIT: Wide players

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Create a points / rewards system for players successfully dribbling.
Miss control or losing the ball out of the square will result in losing some point.



Contacts with both feet
use mannequins instead of defenders
Weight of touch based on space
Only one person per side of square
Change of direction quickly.
Add a combining player on the inside

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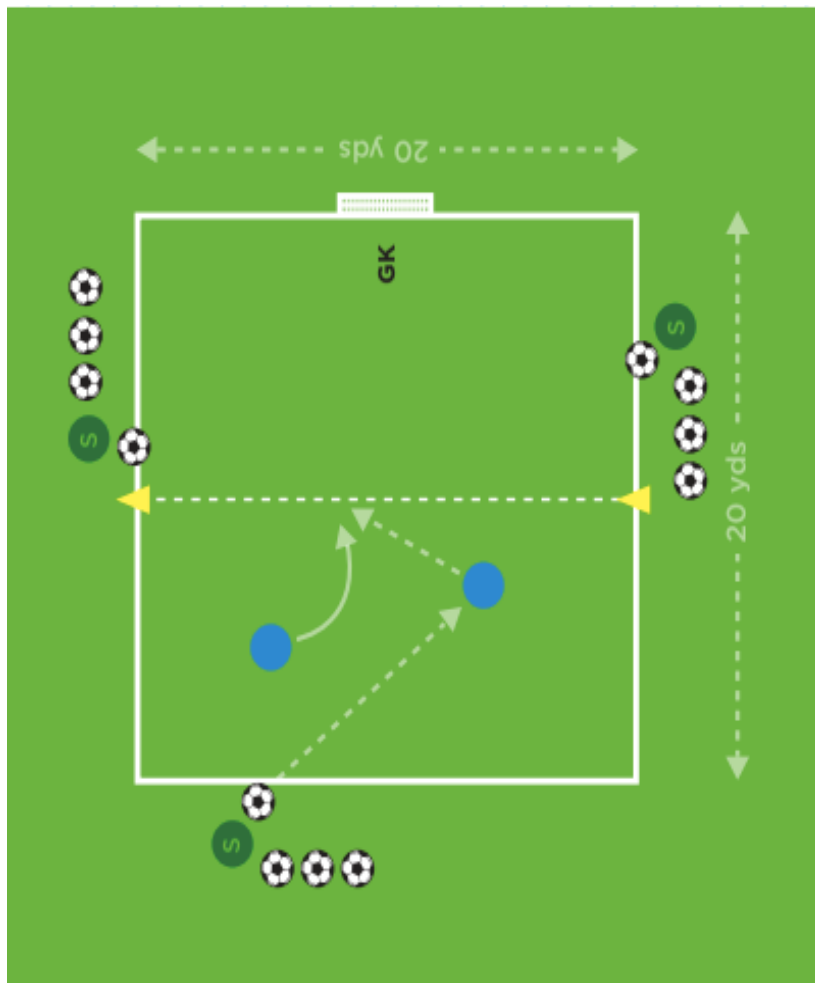
DATE	Technical Carousel Shooting		
DATE			Duration - 45 Minutes
TECHNICAL/ TACTICAL <ul style="list-style-type: none"> - Touch to receive - Weight of pass. - Type of shot. 		SOCIAL <ul style="list-style-type: none"> - Communication - Enjoyment 	
PHYSICAL <ul style="list-style-type: none"> - Balance - Coordination - Agility - Power 		PSYCHOLOGICAL <ul style="list-style-type: none"> - Reward system. - Decision making - Concentration 	

SESSION DETAIL
FOCUS PLAYER: NO. 9
PRIMARY UNIT: Forwards

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Type of shot
Power or Placement
Position of GK
Rebound all shots
Combination with partner needs to be realistic.



Receive from any server.
Combine with partner
Shoot at goal, spare player follows up.
Server and shooter swap place

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DATE	Technical Carousel -Passing		
DATE			Duration - 45 Minutes
TECHNICAL/ TACTICAL <ul style="list-style-type: none"> - Weight of pass - Use of both feet - Accuracy of pass 		SOCIAL <ul style="list-style-type: none"> - Communication - Enjoyment - Team Work 	
PHYSICAL <ul style="list-style-type: none"> - Balance - Coordination - Agility - Power 		PSYCHOLOGICAL <ul style="list-style-type: none"> - Reward system. - Decision making - Concentration 	

SESSION DETAIL

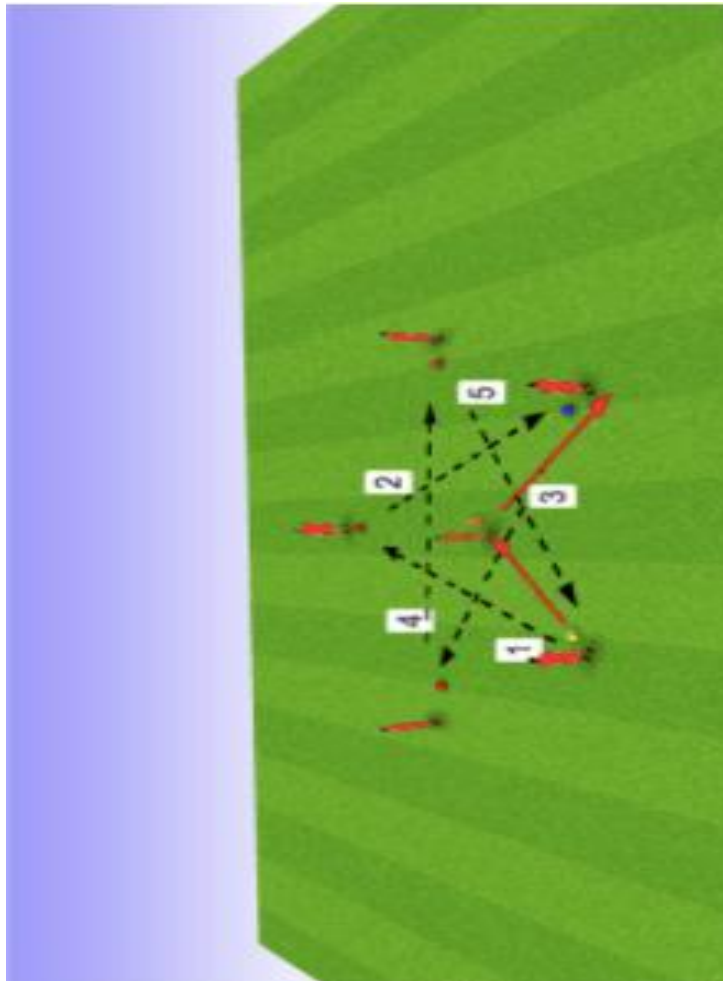
FOCUS PLAYER: NO. 4 & 8

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Quality of pass
Accuracy.


Making sure you remain concentrated even though it may get tedious.



Follow the numbers on the plan to create the passing sequence.
Once the player has passed, they sprint into the middle touch the cone and then move onto the next station to the right.

St Neots Town FC Academy Covid-19 pack



	Technical Carousel Dribbling-		
DATE			Duration - 45 Minutes
TECHNICAL/ TACTICAL <ul style="list-style-type: none"> - Quick change of direction - Weight of touch - Use of both feet 		SOCIAL <ul style="list-style-type: none"> - Communication - Enjoyment 	
PHYSICAL <ul style="list-style-type: none"> - Balance - Coordination - Agility - Power 		PSYCHOLOGICAL <ul style="list-style-type: none"> - Reward system. - Decision making - Concentration 	

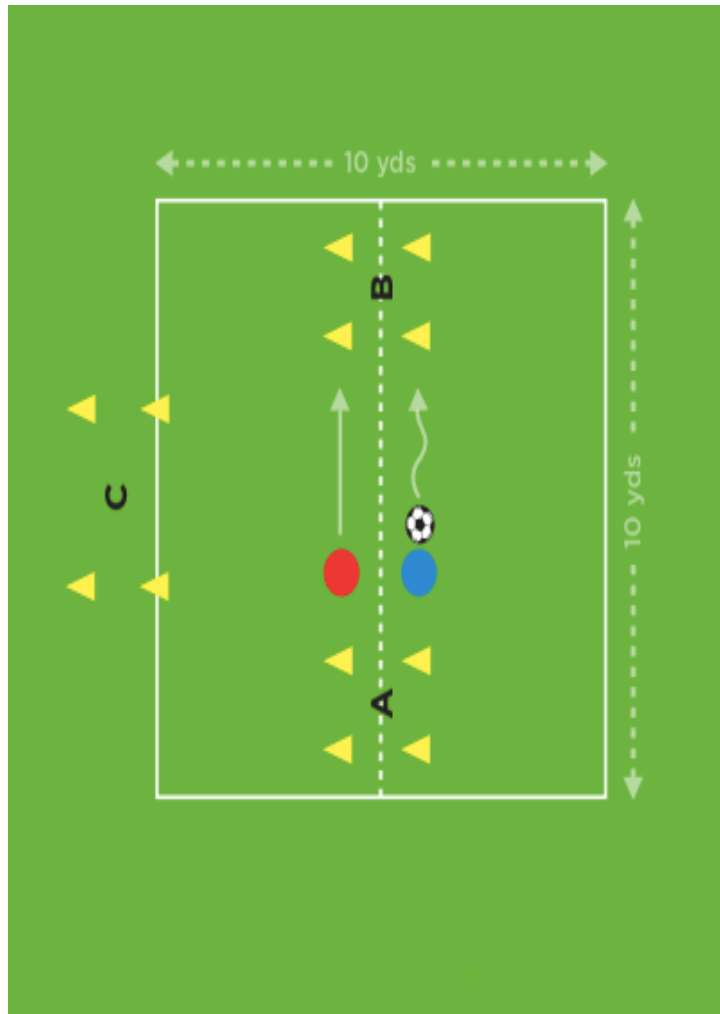
SESSION DETAIL

FOCUS PLAYER: NO. PRIMARY UNIT:

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Can add 'c' Gate in, which will have a goalkeeper you have to try and get passed too.
Must look to deceive and unbalance the opposing player.



The blue player will try and beat red player to either A or B. Blue player has a ball to dribble with. Red just has to try and sprint. Player with the ball can deceive and try to escape to a different box.

St Neots Town FC Academy

Covid-19 Risk assessment



Lead Coach -		Date -	
Start Time	Coaches Responsibility		
Finish Time	To ensure a safe environment at all times, the welfare and safety of participants throughout the session.		
Medical information	<p>Staff have checked all specific medical requirements and needs of all pupils prior to the session.</p> <p>Procedures and action plans are clearly in place for anyone with specific medical requirements.</p> <p>Qualified and able staff to deal with any specific medical needs.</p> <p>Designated medical area for medicines, inhalers, medical information.</p>		
Health & Safety issues and suitability of site checked	<p>Location of first aid room/ Medical bag</p> <p>Lockdown Procedure</p> <p>Fire procedure and exits.</p> <p>Ambulance access point.</p> <p>Entry and exit to session area.</p> <p>Working area suitable for activity.</p> <p>Contingency for poor weather.</p> <p>Able to identify key members of staff</p>		

St Neots Town FC Academy Covid-19 Risk assessment



I have familiarised myself with all the emergency procedures for the school

Yes/No (please circle the applicable answer)

I will follow these procedures and share my knowledge of them with the participants and other staff involved with the session

Yes/No (please circle the applicable answer)

I am familiar with the fire drill for the facility

Yes/No (please circle the applicable answer)

I am familiar with the evacuation procedure for the facility

Yes/No (please circle the applicable answer)

I am familiar with the first aid procedure at the facility

Yes/No (please circle the applicable answer)

I am familiar with who the first aider and where the 1st aid room is located

Yes/No (please circle the applicable answer)

I know where the nearest phone is located

Yes/No (please circle the applicable answer)

I have completed the risk assessment document

Yes/No (please circle the applicable answer)

St Neots Town FC Academy Covid-19 Risk assessment



Information on facilities and resources:

Number of Participants - In Line with Government guidelines

Age/Year Group - U8's - U18's

Location - St Neots Town FC, Rowley Park, Kester Way, St Neots,
Cambs PE19 6SL

Facility needs

Designated working area marked and checked to be safe for purpose.
Access to and from working area checked and safe.
Plenty of space allowed for activities within the session

Equipment needs

All equipment suitable for ability and age.
Equipment checked and suitable for purpose consult plan for equipment required.
Enough suitable equipment for numbers available.
Available alternatives of equipment if required.

St Neots Town FC Academy Covid-19 Risk assessment



Hazard	Hazard Potential Severity	Chance of hazard occurring	Action in place
Contact with another player	5	2	Plans are for practices which ensure all players are 2ms apart at all times avoiding queuing or competitive practices. Players will be in small groups with $\frac{1}{6}$ of the 3G surface per 1 coach and 5 players. Systems for entry, exit and toilets are also in place. Along with cones and barriers to keep distance for one another when travelling around the site.
Contact with infected equipment	5	3	All equipment to be wiped down before and after each practice, practice design will use minimal equipment and avoid sharing of equipment.
Contact with a coach	5	2	Coaches will be advised on coaching positions and be reminded on the social distancing measures
Tripping or falling	3	3	Technical practices with no contact or opponents should avoid any serious tripping or falling. Along with masks and gloves if an injury does occur.
Struck by equipment (including footballs)	3	4	Avoiding use of goal keepers and looking at practices which focus on control over the ball, reminding players to be vigilant

1- Very Low Risk 2- Low Risk 3- Possible risk 4- Sever 5- Very Sever
1- Very Unlikely 2- Unlikely 3- Possible 4- Likely 5 Very- likely

St Neots Town FC Academy Covid-19 Risk assessment



Serious medical conditions such as asthma or diabetes will be treated by a member of the household who will need to be present during the session.

All individuals on site will be given information and guidelines prior to any training.

For more information consult pack.

St Neots Town FC Academy Covid-19 Risk assessment



Parental Consent form

Name of participant -

Name of Company - St Neots Town FC Ltd

I do hereby acknowledge, consent and agree to the following conditions

I Declare and confirm that I am the parents or guardian of the child/participant Named above.

I understand that I am opting for coaching and physical exercise that is not urgent and may not be medically necessary.

I also understand that the novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization.

I further understand that COVID-19 is extremely contagious and is believed to spread by person-to-person contact; and, as a result, health agencies recommend social distancing.

I recognize that **St Neots Town FC** are closely monitoring the situation and have put in place reasonable preventative measures aimed to reduce the spread of COVID-19. However, given the nature of the virus,

I understand there is an inherent risk of becoming infected with COVID-19 by virtue of proceeding with this elective football session.

I hereby acknowledge and accept the risk of becoming infected with COVID-19 through this elective coaching and physical exercise, and I give my express permission for **St Neots Town FC** to undertake the coaching sessions with the named individual.

St Neots Town FC Academy Covid-19 Risk assessment



Parental Consent form

I understand that, even if I have been tested for COVID and received a negative test the tests in some cases may fail to detect the virus or I may have contracted COVID after the test.

I understand that, if I have a COVID-19 infection, and even if I do not have any symptoms, proceeding with this elective football session can lead to a higher chance of complication and death.

I understand that possible exposure to COVID-19 before/during/after my coaching session may result in the following: a positive COVID-19 diagnosis, extended quarantine/self-isolation, additional tests, hospitalization that may require medical therapy, Intensive Care treatment, possible need for intubation/ventilator support, short-term or long-term intubation, other potential complications, and the risk of death. In addition, after my elective football session, I may need additional care that may require me to go to an emergency room or a hospital.

I understand that COVID-19 may cause additional risks, some or many of which may not currently be known at this time, in addition to the risks described herein, as well as those risks for the football and physical exercise itself.

I understand all the potential risks, including but not limited to the potential short-term and long-term complications related to COVID-19, and I would like to proceed with the Football session for the named individual. I agree that by signing this form I understand the risks involved with this coaching session and links with covid-19.

By signing this form I give the participant Named in this consent form approval to participate in the Football session provided by **St Neots Town FC**.

Signed Parent/Guardian -

Date -

Signed Coach/Activity leader -

Date -