



FAI SAFER RETURN TO TRAINING PROTOCOL

ADULT AMATEUR & UNDERAGE FOOTBALL
INCLUDING UNDERAGE NATIONAL LEAGUES



INTRODUCTION

- This Protocol applies to all training sessions from August 21st, 2020
- The primary aim of this Protocol is to support clubs affiliated to the FAI protect the health & safety of their players, coaches, all essential personnel and volunteers in a safer return to training
- This Protocol will be in line with Department of Health and Public Health Policy at all times
- This Protocol will follow all Government updates on the Roadmap For Reopening Society and Business
- The Protocol will be utilised in line with all other FAI policy documents including Child Welfare & Safeguarding Policy - [FAI Child Welfare & Safeguarding Policy](#)



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1 - KEY DATES

- This Protocol takes effect from Friday August 21st 2020 and must be adhered to for all training sessions under the jurisdiction of the FAI and its Affiliates



2 - CLUB MANAGEMENT | COVID-19 COMPLIANCE OFFICERS

- It is recommended club management committees meet to review the FAI Safer Return to Training Protocol 3rd Edition ahead of any return to full contact training from Friday, August 21st, or thereafter, which the club may implement
- All indoor club meetings must abide by the new public health measures announced on Tuesday 18th August 2020. A maximum of 6 people can meet with adherence to 2 metre social distancing
- COVID-19 Compliance Officers should be familiar with the Updated FAI Safer Return to Training Protocol 3rd Edition in advance of any meetings
- All clubs must appoint at least one COVID-19 Compliance Officer before any return to training is implemented
- Clubs with multiple training venues will need to appoint more than one COVID-19 Compliance Officer (minimum 1 per training venue)
- The Football Association of Ireland will provide Role & Responsibilities Document for all COVID-19 Compliance Officers
- Clubs must confirm appointment of COVID-19 Compliance Officer(s) to FAI via the checklist
- Clubs must ensure, through their Compliance Officers, that all coaches, parents and players are fully aware of their responsibilities
- Clubs must continually educate players/coaches/parents/guardians/volunteers - see <https://www2.hse.ie/coronavirus/>
- Clubs are advised to inform their insurers of their intention to return to training
- Clubs who have not yet returned to training must follow all steps as set out above
- Clubs who have already returned a completed checklist are not required to resend it



3 - PREPARING TRAINING VENUES, FACILITIES & EQUIPMENT

- A COVID-19 Risk Assessment must be carried out by all clubs in advance of any resumption of training and/or facility reopening
- FAI Risk Assessment Template can be found here - [FAI Risk Assessment Template](#)
- The Risk Assessment must be reviewed regularly and kept up to date at all times
- The Risk Assessment must be in line with any Government updates to the Roadmap For Reopening Society and Business
- No changing rooms can be used
- No shower facilities can be used
- Sanitary facilities should be accessible for players and coaches
- Sanitary facilities should be thoroughly cleaned before the first and after the last training session at the venue
- Hand sanitiser and cleaning products should be available in the sanitary facilities for use during training sessions
- All training equipment - including goalposts - must be sanitised before and after every training session
- Players & Coaches must bring their own hand sanitisers
- Clubs are advised to have hand sanitisers in place and observe strict hand hygiene measures
- COVID-19 Signage must be clearly visible throughout the training facility
- COVID-19 signage is available for download from FAI.ie



4 - TRAINING GROUPS | NUMBERS

- The maximum numbers are as follows:

Adult Training - Group of 15 (14 players and minimum 1 coach)

Underage Training - Group of 15 (13 players and minimum 2 coaches)

- One parent or guardian is allowed to accompany any player under the age of 18 to training and may remain at the venue for the duration of the training session
- Any parent or guardian attending a training session must strictly observe 2 metres social distancing at all times
- Clubs must adhere to the FAI Child Welfare and Safeguarding Policy and other associated policies, at all times which can be found here - [FAI Child Welfare & Safeguarding Policy](#)
- Only essential personnel are permitted access onto the training pitch/area
- More than one team can train at a venue at any given time provided there is a clear buffer zone between the groups



5 - COACH RESPONSIBILITIES

- All coaches must be familiar with the Updated FAI Safer Return to Training Protocol
- All coaches must ensure that all participants in training sessions are briefed on the Updated FAI Safer Return to Training Protocol
- Coaches must arrive to the session in their training gear
- All coaches must adhere to the Updated FAI Safer Return to Training Protocol throughout the full duration of the training session
- Coaches must provide a register of attendees at all training sessions to the COVID-19 Compliance Officer for contact tracing purposes
- Coaches must bring their own hand sanitiser
- Coaches must ensure that the training area and pitch is clear of all equipment before leaving the facility



6 - BEFORE YOU COACH

You must stay at home if you:

- Have been in contact with someone with COVID-19 or a suspected COVID-19 case in the last 14 days
- Have been overseas or exposed to someone with COVID-19 in the last 14 days
- Have flu-like symptoms or are feeling unwell
- Have a temperature of 38C or more
- Experience the sudden onset of a cough or a shortness of breath
- Experience a sudden loss of sense of taste and smell

You must:

- Check with your GP if you are in a high-risk health category and if you are medically fit to coach
- Familiarise yourself with COVID-19 safety protocols at your club
- Ensure your club has up-to-date contact details for you
- If you have additional concerns due to underlying medical conditions - or living with people with underlying conditions - please discuss these concerns with your club's COVID-19 Compliance Officer as part of your club's risk assessment
- Please ensure you have clarified that it is safe for you to return to coaching



7 - PLAYER & PARENT RESPONSIBILITIES

- All players & parents/guardians of underage players must be familiar with the Updated FAI Safer Return to Training Protocol
- Clubs must ensure that all players & parents/guardians of underage players are briefed on the Updated Protocol before returning to training
- Players and parents/guardians are advised to keep up to date with HSE guidelines via [hse.ie/coronavirus](https://www.hse.ie/coronavirus)
- Adult players must arrive to the training venue alone or can be dropped off by a member of the same household
- Underage players must be dropped off by a member of the same household or can arrive to the training venue alone (if appropriate age)
- Players must arrive in their training gear and with their own equipment including water (labelled with their name) and shin pads
- Goalkeepers, or any player acting as a goalkeeper, must wear their own gloves
- Players must bring their own hand sanitiser
- Personal items must be labelled with the player's name and not shared
- Players must bring all personal items home with them



8 - BEFORE YOU TRAIN

You must stay at home if you:

- Have been in contact with someone with COVID-19 or a suspected COVID-19 case in the last 14 days
- Have been overseas or exposed to someone with COVID-19 in the last 14 days
- Have flu-like symptoms or are feeling unwell
- Have a temperature of 38C or more
- Experience the sudden onset of a cough or a shortness of breath
- Experience a sudden loss of sense of taste and smell

You must:

- Check with your GP if you are in a high-risk health category and if you are medically fit to train
- Familiarise yourself with COVID-19 safety protocols at your club
- Ensure your club has up-to-date contact details for you
- If you have additional concerns due to underlying medical conditions – or living with people with underlying conditions please refer to HSE guidelines - [HSE Covid-19 Guidelines](#)
- Please ensure you have clarified that it is safe for you to return to training



9 - TRAINING SESSIONS

- Access & Egress to and from the training pitch or area must be coordinated and is subject to social distancing guidelines
- A 15 minute gap between sessions must be implemented if consecutive training sessions are scheduled on the same training area
- All activity must take place only on the training pitch or area
- Players & Coaches must practice good coughing & sneezing etiquette
- Players & Coaches must adhere to HSE guidelines on hand hygiene at all times
- Any meeting which may need to take place must take place on the training pitch or area and should last no longer than 10 minutes
- All meetings on the training pitch or area must adhere to social distancing guidelines



10 - PLAYER WELFARE

- **Players in need of attention, where possible, should be treated on the pitch**
- **A Coach or Club Physiotherapist can attend to an injured player on the pitch**
- **They should wear a face mask and gloves**
- **A designated room - where applicable and necessary - can be used for treating an injured player**
- **Physiotherapists - where applicable - must wear PPE**
- **A player suspected of a new onset of COVID-19 must be given a face mask and must be isolated immediately from the rest of the attendees**
- **Contact must be made with a parent/guardian of any underage player who is suspected of contracting COVID-19**
- **Any adult player suspected of contracting COVID-19 must be advised to contact their GP as soon as possible.**



11 - UPDATING POLICY

- Club should meet regularly to review implementation, Risk Assessment and Updated FAI Safer Return to Train protocol
- All clubs should hold regular de-briefing sessions with coaches, player representatives and COVID-19 Compliance Officers
- All indoor club meetings must abide by the new public health measures announced on Tuesday 18th August 2020. A maximum of 6 people can meet with adherence to 2 metre social distancing



12 - NEXT STEPS

- The FAI will continue to update this FAI Safer Return to Training Protocol based on the advice of Government and Health agencies
- All FAI Safer Return to Training Protocol updates will be posted on FAI.ie
- All enquiries can be emailed to covidchecklist@fai.ie

