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ABERDOUR SHINTY CLUB



PHASE 3 :

RETURN TO TRAINING GUIDELINES

All Ages

Updated 25th Aug 2020

INTRODUCTION

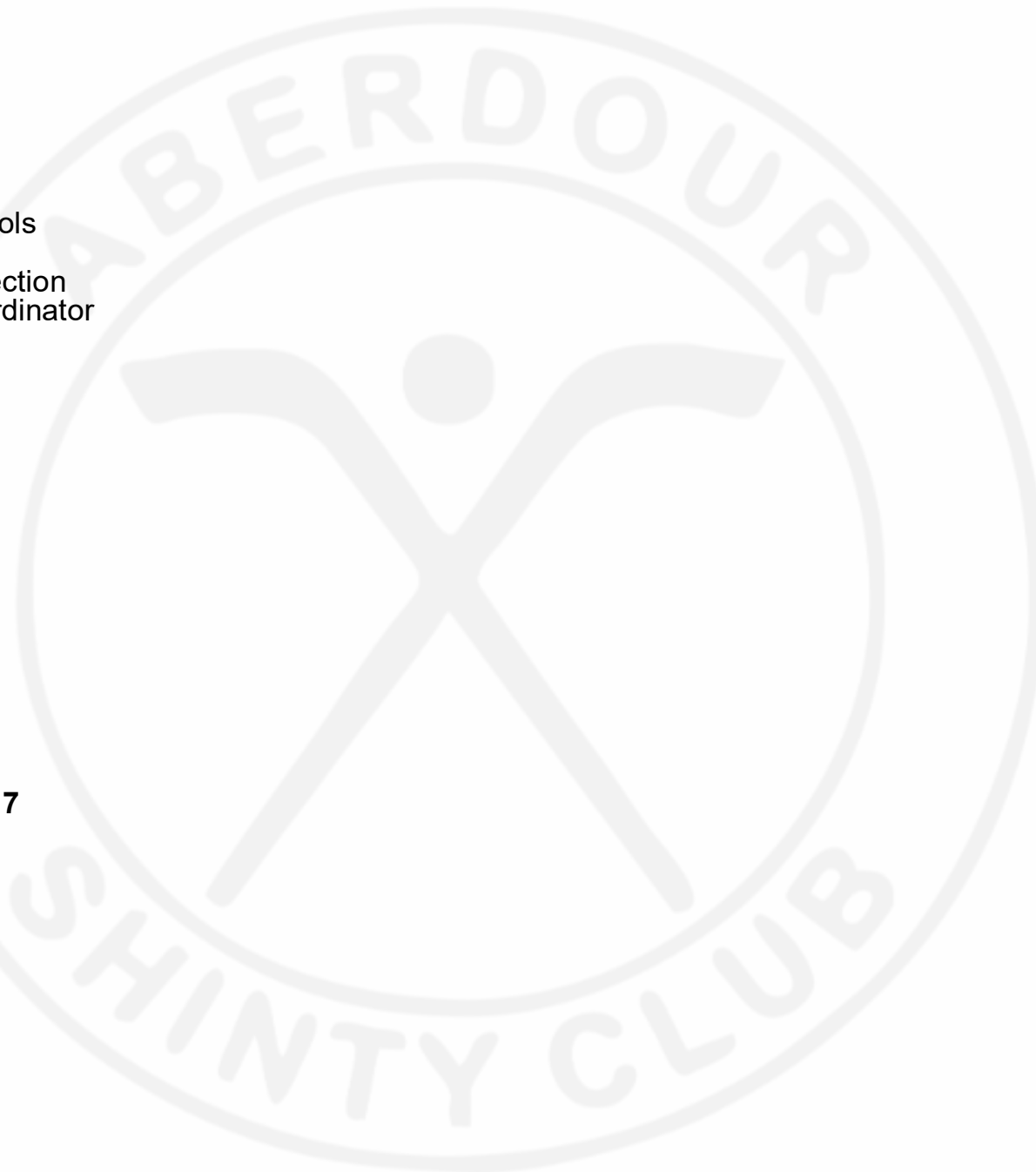
- This guidance applies to all Camanachd Association Affiliated Associations leagues and clubs and is in accordance with the Scottish Government 'Phase Three' guidelines published on 24th August 2020 and can be implemented from Monday 24th August.
- This guidance relates to all ages, inc Children & Young People and Adults.
- During organised training sessions only, Contact shinty is now permitted for all ages, in a maximum group size of 30 participants per session per pitch. Players do not need to adhere to physical distancing whilst on the pitch, but all adult coaches must maintain 2 metre physical distancing at all times.
- During this phase and to assist with planning and communication, we recommend that out with training sessions, all participants observe 2 metre physical distancing in and around the club.
- It is a club's responsibility to follow all appropriate guidelines to enable the return to training in a safe manner.
- Clubs must visit and understand all relevant facilities guidance available on the Camanachd Association Covid – 19 – Live Guidance

PLAYING IT SAFE – COVID WARNING: If you have developed symptoms (however mild) in the last 7 days, stay at home, self isolate and arrange to be tested. [NHSINFORM.SCOT](#)

Similarly if you have been in contact with any known or suspected case in the previous 14 days DO NOT attend training.

CONTENTS

- **Role of the Club**
 - Plan & Prepare
 - Test and Protect Protocols
 - Health & Hygiene
 - Child Wellbeing & Protection
 - Role of the COVID coordinator
- **Role of the Coach**
 - Plan & Prepare
 - During the session
 - After the session
- **Role of the Parent**
 - Plan & Prepare
 - During the session
 - After the session
- **Role of the Player - Youth**
 - Plan & Prepare
 - During the session
 - After the session
- **Role of the Player – Adult Over 17**
 - Plan & Prepare
 - During the session
 - After the session
- **Facility Set Up**
 - Plan & Prepare
 - Pitch Set up





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ABERDOUR SHINTY CLUB



ROLE OF THE CLUB

PLAN & PREPARE

CLUB READINESS GUIDANCE

Restarting Shinty **TRAINING**

RISK ASSESSMENT

Risk assessments should be carried out and documented for all activities and facilities.

FACILITIES

Outdoor pitches are now open and toilets can be opened following Scottish Gov guidance.

INSURANCE

Clubs should renew player registration on GO Membership and ensure full insurance cover is in place and valid before restarting.

MEET WITH YOUR REGIONAL DEVELOPMENT OFFICER

Arrange a club committee meeting with your RDO and consult your members on their readiness and capacity to get back to training.

COMMITTEE & COACHES

Arrange a club meeting to discuss new protocols. Review risks and how to mitigate these with updated protocols.

PROTOCOLS

Share your protocols with all members including test and protect registration, arriving and drop off at youth training, first aid protocol.

TRANSPORT PLAN

Develop a staggered arrival protocol that avoids congregating before and after training.

APPOINT COVID COORDINATOR

Make sure the environment is safe and welcoming. Liaise with coaches and club committee to ensure new protocols are followed.

Before taking part in any activity please ensure your club have followed all [guidance](#) and completed the [readiness checklist](#)

PLAYING IT SAFE - COVID 19 WARNING You must not attend any group activity if in the past 14 days you: Have been unwell or had any flu like symptoms: Have been in contact with a known or suspected case: Have had any respiratory symptoms (Even if mild). These infographs are for guidance only and subject to change as guidance evolves.

TEST & PROTECT PROTOCOLS

- If someone who has attended your club activity develops symptoms of COVID-19, they should be directed to follow the Scottish Government's 'test and protect' guidelines, which can be read on the nhsinform.scot website
- Ensure an accurate register, including contact details, is kept for EVERY session. This register should be held by both the appropriate COVID Co-ordinator and session lead coach for the duration of the pandemic.
- Ensure all club members are aware of who their relevant COVID Co-ordinator is, should they have to pass on their details to a member of the NHS Scotland Test & Protect team.
- It is not the responsibility of Aberdour Shinty Club to inform members if someone at the club has tested positive for COVID-19. This will be done by the NHS Scotland Test & Protect team. An individual's right to privacy must be observed.
- Aberdour Shinty Club will be expected to be able to pass on contact details of all attendees should they be asked by a member of the NHS Scotland Test & Protect team.
- Data protection guidance should be followed at all times and personal details not held for any longer than is necessary.

HEALTH & HYGEINE

- IMPORTANT: Remind all members of the following protocols:
- Scottish Government advice remains that anyone with symptoms of COVID-19 should self-isolate for ten* days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.
- Outside your organised training session 2 metre physical distancing must be adhered to by EVERYONE at ALL times.
- First aid protocols can be found at the following websites; HSE - <https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm> St Johns Ambulance - <https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>
- If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue in an appropriate bin at the venue or place in a plastic bag and take home. Wash your hands afterwards for a minimum of 20 seconds.
- Avoid touching your face and ensure you clean your hands when you finish participating.
- Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should confirm to EN14476 standards.
- All coaching should take place outdoors.

CHILD WELLBEING & PROTECTION

- Under the Scottish Government's route map and in line with the above policy, the following must be adhered to when any shinty activity is undertaken with children:
- All coaches/staff/volunteers involved in any regulated activity must have undertaken 'safe' recruitment procedures including completion of the PVG membership scheme via the relevant National Affiliated Association.
- Coaches/staff/volunteers involved in any shinty activity can only coach within their the club setting with which they hold a PVG and with players registered to that organisation.
- All coaches/staff/volunteers must undertake relevant training and agree to a Code of Conduct.
- All activities must be fully risk assessed in advance with the relevant club insurance in place.
- All shinty activity should take place outdoors.
- Coaches and instructors working with children should familiarise themselves with the additional considerations developed by Children 1st: Child Wellbeing and Protection Considerations .

ROLE OF THE COVID CO-ORDINATOR

- This person should:
- Follow the role profile as outlined by the CA in their Covid Live guidance section - [COVID co-ordinator](#).
- Be familiar with Scottish Government and Camanachd Association guidelines in relation to COVID-19, and be guided by them at all times.
- Complete safe appointment and selection process (including a valid PVG Scheme membership).
- Be a registered club official.
- Encourage everyone involved with the club to take collective responsibility and ensure all guidelines are adhered to.
- The COVID Co-ordinator will retain all session registers for their allocated groups and act as first point of contact for NHS Scotland Test & Protect staff in the event of any reported positive tests.



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ROLE OF THE COACH

PLAN & PREPARE

COACHING GUIDANCE

Restarting Shinty **TRAINING**

ACCURATE REGISTER

Coaches must maintain accurate registers of attendees, times and dates. These should be shared with the club COVID Co-ordinator

TRAINING AREAS

Ensure all players train in clearly marked out area and set up a designated 'Hygiene Station' and 'Training Area' for your players.

GROUP SIZES AND TIMING

30 players max, per pitch. Coaches should try when possible to stagger start times, and session shouldn't exceed 2 hours max.

PREPARE

Arrive on time to ensure that the training is set up and ready so when players arrive, they can start immediately.

KIT AND EQUIPMENT

Come to the club in your kit. Dressing rooms will be closed. Bring your own water bottle clearly marked to ensure no sharing. Clean and wipe down your equipment, including any goals used, before and after training.

CLUB PROTOCOLS

Clearly communicate the rules to players in advance of training sessions.

HEALTH AND HYGIENCE

Ensure players touch or share as few items of equipment as possible. Please avoid using your hands at any stage during the activity.

FIRST AID

Update and ensure access to first aid and emergency equipment. Update first aid kits in line with recommendations.

Before taking part in any activity please ensure your club have followed all [guidance](#) and completed the [readiness checklist](#)

PLAYING IT SAFE - COVID 19 WARNING You must not attend any group activity if in the past 14 days you: Have been unwell or had any flu like symptoms: Have been in contact with a known or suspected case: Have had any respiratory symptoms (Even if mild). These infographs are for guidance only and subject to change as guidance evolves.

PLAN & PREPARE cont.

- Make sure that the activity is appropriate for the age and stage of player.
- Coaches must maintain accurate registers of attendees, times and dates. These should be shared with the appropriate COVID Co-ordinator to allow contact tracing if required.
- Where possible, come to the shinty club on foot, by car or by bicycle and avoid using public transport.
- Coaches who are shielding are not permitted to deliver at the current time.
- Coaches and volunteers over 70 years old and from high risk groups should self-assess whether they should attend training sessions. Consult your doctor for advice if you are unsure.
- Arrive in time to ensure that the training is ready so when players arrive they can start immediately.
- Ensure all players train in clearly marked out area and set up a designated 'Hygiene Station' and 'Players Area' for your players.
- Clearly communicate the rules to players in advance of training sessions.
- Come to the shinty club in your coaching kit. Any dressing rooms will be closed. Please make sure that you have been to the toilet at home immediately before leaving for training.
- Bring your own water bottle clearly marked to ensure no sharing.

DURING TRAINING

- Make the sessions FUN!
- It is important that we don't push our players too hard, increasing the risk of injury.
- Physical intensity should start low and increase gradually.
- Please avoid using your hands at any stage during the activity to feed the balls to players.
- Players should stay well hydrated at all times drinking plenty of water with regular small sips from their own bottle.
- Spitting is not allowed.
- Although 'physical fitness' is something that may have decreased during this break, we should still keep our main focus on fun, technical and tactical development.
- Ensure players touch or share as few items of equipment as possible.
- Always follow club guidance from, for example, other coaches, COVID Co-ordinator or committee members. Stay with your own group when several groups are active at the same time.

AFTER TRAINING

- Once all players have left the training facility safely, please also leave promptly.
- Clean and wipe down your equipment, including any goals used, before and after training.
- Ensure you take all personal belongings and equipment with you at the end of the activity.
- Do not leave anything at the venue/facility.
- At this stage, home-based training and setting individual skill and fitness challenges are vital to maximise development within the limited contact time.
- Remind and manage your players, regardless of age, to maintain 2 metre physical distancing at ALL times out-with your organised training sessions. This applies when not on the pitch immediately before and after the session and whilst within the confines of the facility being used.



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ROLE OF THE PARENT / CARER

PLAN & PREPARE

- DO NOT ATTEND TRAINING if you or anyone from your household should be isolating based on Scottish Government guidelines.
- Parents/carers who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.
- Talk to your child about returning to training to help them understand the measures that have been taken to keep them safe.
- Remind your child it is important they focus on having fun. Don't push too hard and risk injury.
- Ensure your child washes their hands thoroughly before training and arrives ready to train in clean kit.
- Ensure your child and coach has your contact number.
- Your child should bring their own water bottle with their name clearly visible.
- Please give your child's coach plenty notice as to whether your child will attend or be absent from any training session.
- To limit over-crowding, please bring your child to the training session on your own, following your club's advice on arrival time.

DURING TRAINING

- Always follow club guidance from coaches, the COVID Co-ordinator or committee members.
- Parents/carers will not be able to spectate during training. Please ensure physical distancing measures for adults are maintained before and after the session.
- Primary Players can be taken by parents to the pitch following the centres one way system, dropping at pitch then continuing back out. All U/14 & U17s should leave parents at car park entrance to the centre. All players will be escorted by coaches back to the car park at the end of the session.
- **If you envisage your child may require support during a training session (e.g. help accessing a toilet), it is advised to have one parent/carer present.**
- This person must however observe the applicable protocol, e.g. remain in the car or close to the facility whilst maintaining physical distance from others.
- First aid protocols can be found here – Please remember that only emergency first aid can currently be given directly by coaches. Otherwise guidance is for first aiders to assist “casualties” from a distance, supporting them to treat themselves.
- **If your child would not be able to do this, discuss with your club how you can safely stay close by to the training venue so you can come and assist if your child was to be injured.**

AFTER TRAINING

- Immediately after training, a parent/carer should collect the child as promptly as possible.
- Ensure you and your child's hands are sanitized immediately after training.
- Inform the club immediately should your child start to show symptoms of COVID-19.
- At this stage, home training and setting individual skill and fitness challenges are vital to maximise development within the limited contact time. Please liaise with your child and the coach to find out what these are.
- Remind and manage your child, regardless of age, to maintain a 2 metre physical distance from everyone at ALL times before and after their organised training sessions whilst at the facility.



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ROLE OF THE YOUTH PLAYER

PLAN & PREPARE - Youth



ABERDOUR SHINTY CLUB COVID-19 (YOUTH) PLAYER SAFETY GUIDE

BEFORE TRAINING



Wear Clean Kit



Bring your own Hand Sanitiser – Put your name on it



Bring your own Water Bottle – Put your name on it



Wash Your Hands for 20 seconds

ARRIVING AT TRAINING



Tie your laces, buckle your helmet or get a parent to help. Your coach cannot help ...



Get a “Thumbs Up” from the coach to start training



Apply Hand Sanitiser



Listen to your coach’s instructions

DURING TRAINING



Touch or share as FEW items or equipment as possible



Remain 2 metres or 3 steps apart



If you need First Aid, your coach will guide you. REMAIN WHERE YOU ARE. Your coach or parent will help you.

AFTER TRAINING



Return Home Safely



Wash Your Hands for 20 seconds



Get a “Thumbs Up” from your parent

PLAYING IT SAFE – COVID WARNING: If you have developed symptoms (however mild) in the last 7 days, stay at home, self isolate and arrange to be tested. [NHSINFORM.SCOT](https://www.nhs.uk/information-scotland)

Similarly if you have been in contact with any known or suspected case in the previous 14 days DO NOT attend training.

PLAN & PREPARE - Youth cont.

- If you are feeling unwell, let someone at home know and don't come to training.
- Wash your hands regularly with soap and water for 20 seconds, including just before you leave for training.
- Come ready to take part in training:
 - Have clean training kit on
 - Bring a water bottle that is clearly identifiable as yours - you may want to add your name or initials
 - Bring your own hand sanitiser.
- Where required tie your laces or ask a parent/carer to help
- Where required fit your own helmet or ask a parent/carer to help
- Put your belongings in your designated 'Players Area' (if applicable).
- Do not enter the pitch before you are asked to do so by your coach or another club official.
- Use only your own equipment where at all possible.
- If you have any questions or concerns about going back to training, tell your parent/carer who can get any answers you need from your club.
- Regardless of your age you **SHOULD** maintain 2 metre physical distancing from everybody before and after your training session

DURING TRAINING - Youth

- Have FUN!
- Always listen to your coaches. They are there to keep you safe and to help you enjoy playing Shinty.
- Avoid touching equipment that is not yours. This includes goalposts, cones, markers, poles, hurdles or any other equipment that is used for training.
- Minimise touching the balls with your hands where possible.
- If you need to sneeze or cough, do so into a tissue or your elbow and then sanitise your hands at the hygiene station provided (your coach will be able to tell you where this is).
- When asked to do so by your coach, sanitise your hands using the 'Hygiene Station' provided.
- Remember to have FUN!

AFTER TRAINING - Youth

- Follow instructions from your coach to leave your training session quickly once you are finished; Youths make sure a parent/carer is there to collect you – do not wander off on your own.
- Apply hand sanitizer.
- Ensure you take all personal belongings and equipment with you at the end of training and do not leave anything at the venue/facility.
- At this stage, home training and setting individual skill and fitness challenges are vital to maximise development within the limited contact time – please speak to your coach to find out what these are.
- Regardless of your age you should maintain 2 metre physical distancing from everybody before and after your training session.



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ABERDOUR SHINTY CLUB



ROLE OF THE ADULT PLAYER

PLAN & PREPARE – Over 17s

- If you are feeling unwell, let someone know and don't come to training.
- Where possible, come to the shinty club on foot, by car or by bicycle and avoid using public transport if possible. (if you do require to use public transport wear face coverings)
- Come ready to take part in training:
 - Change before arriving, there will be no changing facilities available.
 - Use toilet and wash hands (soap & water) at home before leaving
 - Bring a water bottle that is clearly identifiable as yours - you may want to add your name or initials
 - Bring your own hand sanitiser.
- Do not enter the pitch before you are asked to do so by your coach or another club official.
- Use only your own equipment where at all possible. Place kit and personal belongings 2m apart at side of pitch.
- If you have any questions or concerns about going back to training, speak to your coach.
- Regardless of your age you **SHOULD** maintain 2 metre physical distancing from everybody before and after your training session

PLAYING IT SAFE – COVID WARNING: If you have developed symptoms (however mild) in the last 7 days, stay at home, self isolate and arrange to be tested. [NHSINFORM.SCOT](https://www.nhs.uk/conditions/coronavirus/covid-19/symptoms-and-testing/)

Similarly if you have been in contact with any known or suspected case in the previous 14 days **DO NOT** attend training.

DURING TRAINING – Over 17s

- Maximum of 30 players in training zone. Only train within this zone.
- Players do not need to adhere to physical distancing whilst within the training zone.
- Avoid touching equipment that is not yours. This includes goalposts, cones, markers, poles, hurdles or any other equipment that is used for training.
- Minimise touching the balls with your hands where possible.
- If you need to sneeze or cough, do so into a tissue or your elbow and then sanitise your hands at the hygiene station provided
- Sanitise your hands at regular intervals using your own sanitiser or using the 'Hygiene Station' provided.

AFTER TRAINING – Over 17s

- Leave promptly after completion of training session.
- Apply hand sanitiser.
- Ensure you take all personal belongings and equipment with you at the end of training and do not leave anything at the venue/facility.
- Once you leave the defined training zone, regardless of your age you should maintain 2 metre physical distancing from everybody after your training session.
- Change and shower at home

PLAYING IT SAFE – COVID WARNING: If you have developed symptoms (however mild) in the last 7 days, stay at home, self isolate and arrange to be tested. [NHSINFORM.SCOT](https://nhs.uk/inform-scot)

Similarly if you have been in contact with any known or suspected case in the previous 14 days DO NOT attend training.



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FACILITY SET UP

PLAN & PREPARE

- Clubs should plan their activity to ensure that there is the following:
- A COVID co-ordinator to ensure that groups enter and exit the pitch correctly.
- Individual training areas for each group of participants
- An agreed meeting area for each individual group to meet before entering the park.
- Any one not participating SHOULD NOT congregate before, during or after a session.
- Parents/carers should stay in close proximity of the training area for first aid purposes but avoid congregating.

PITCH SET UP

- Coaches must ensure players avoid congregating at gates and other potential 'pinch points'.
- The pitch should be marked out into individual training areas. It is recommended a full size pitch is marked out in quarters
- Recommended area size: 30 participants per pitch
- Coaches must follow all guidance related to Child Wellbeing.
- Coaches are responsible for informing all players and parents/carers of the entry and exit protocol at the training venue including hand sanitising on entry and exit.
- Group members should remain with the same group for the duration of each session.

PITCH SET UP cont.

- Coaches should only handle their own equipment (e.g. markers, small goals etc.) and care should be taken to avoid others touching it.
- Stray balls should be kicked/dribbled back to position and not picked up where possible.
- Players should not enter adjacent zones at any stage.
- Contact with players should be at reduced levels; instead of training twice per week, one session is advised.



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VISIT

<https://www.shinty.com/about-us/covid-19-live-guidance>