

# SCOTTISH FA

## PHASE 3 – UPDATE

### MATCHDAY PROTOCOL CHILDREN & YOUNG PEOPLE (5 - 17 YEARS OLD)

THESE PROTOCOLS ARE APPLICABLE FOR THE FOLLOWING ANAs:

- SWF
- SYFA
- SSFA
- PARA-FOOTBALL

1 OCTOBER 2020

Please note: all underlined text denotes updated guidance from previous versions.



# PHASE THREE / UPDATE / SCOTTISH FA RETURN TO MATCHDAY ACTIVITY – PLAN & PREPARE

- M** **MEMBERSHIP**  
Take time to plan with your club and groups about the return to matchday activity and make sure you include everyone in the decision making process. Only restart match activity when it is safe to do so. 
- A** **AFFILIATED**  
Ensure all your players and team officials are registered with the appropriate Affiliated National Association, and that you have acquired the necessary PERMIT from your Local League or Association. 
- T** **TEAM TALK**  
Make sure everyone in your club knows the processes and what is required to keep everyone safe. Ensure all visiting teams are aware of your matchday protocols. 
- C** **COVID COORDINATOR/OFFICER**  
Clubs with more than one team must have a COVID Coordinator and every team must have a COVID Officer who has completed the online training found [HERE](#) 
- H** **HEALTH & WELLBEING**  
Follow all COVID-19 protocols, including local restrictions and guidance as outlined by the Scottish Government. Ensure an accurate register, including contact details, is kept for every match. 
- E** **EMPHASISE**  
Please emphasise the importance of respecting the rules on and off the pitch. Focus on the enjoyment of getting back to playing matches; not just on results. Let's work together to ensure everyone plays their part. 
- S** **SAFE**  
Keep everyone safe by reminding all matchday attendees of the importance of physical distancing off the pitch, playing bubbles and clear guidance on what changing/toilet facilities will be available. 

Before taking part in any match day activity, please ensure you are aware of all guidance on the Return to Football Hub: [scotfa.co/ReturnToFootball](https://scotfa.co/ReturnToFootball)



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# INTRODUCTION

- This guidance applies to all Scottish FA National Affiliated Associations leagues and clubs and is in accordance with the Scottish Government 'Phase Three' revised guidelines published on Thursday 1<sup>st</sup> October 2020 for implementation from Friday 2<sup>nd</sup> October 2020.
- This guidance reflects the most recent advice offered by both the Scottish Government and **sportscotland**.
- This guidance relates to **Children & Young People, aged 5 - 17 years old**.
- This guidance applies to **OUTDOOR** activity only.
- 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 all participants observe 2 metre physical distancing off pitch and around the venue.
- Due to the size and scale of football we encourage clubs where possible to play more localised games. We are aware that due to the diversity of communities across Scotland, this will not always be possible with clubs based in rural settings often having to travel further to play matches. We therefore would encourage all clubs, ANA's and league bodies to adopt a common sense approach at all times, reducing risk to everyone involved.
- It is a club's responsibility to follow all appropriate guidelines applicable to them to enable the return to match play in a safe manner.
- Clubs must visit and understand all relevant guidance available on the [Scottish FA 'Return to Football Hub'](#).

# 10 RULES TO KEEP FOOTBALL SAFE

To allow football to take place, all players, coaches, officials and clubs should follow the 10 rules to keep football safe. Look out for one another, we all have a part to play

1



Wash or sanitise your hands before and after the activity

2



Do not share drink bottles

3



Due to current Scottish Gov. guidance, access to changing rooms and showers are currently not permitted

4



Physical distancing at all times outwith the activity

5



Arrive ready to participate and depart promptly once the activity is over

6



No handshakes, high fives or spitting

7



PPE must be worn when administering first aid

8



A trained COVID Officer must take register for Test and Protect protocols

9



No car sharing when travelling to and from games and training

10



No spectators permitted

## COVID-19 WARNING

Please remember to follow all COVID-19 protocols including local restrictions and guidance as outlined by the Scottish Government.

Prior to taking place in any football sessions please ensure that you're aware of all permitted activity and guidance on the Return to Football Hub: [scotfa.co/returntofootball](https://scotfa.co/returntofootball)



# CHILD WELLBEING & PROTECTION

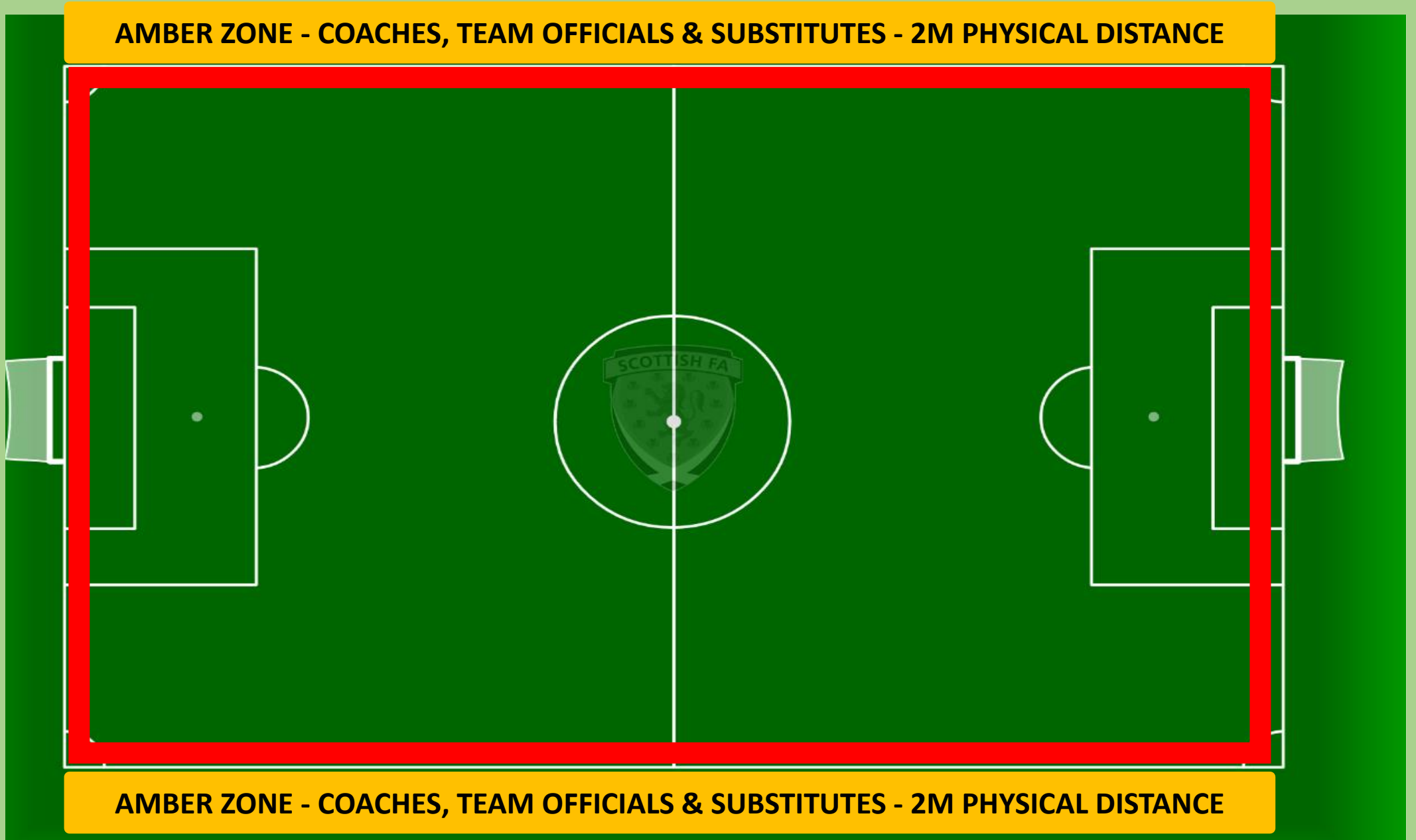
- All football activities involving Children & Young People must involve a minimum of two adults in line with [Scottish Football's Child Wellbeing and Protection Policy](#) and practice note on 'Planning and Organisation'.
- Under the Scottish Government's route map and in line with the above policy, the following must be adhered to when any football activity is undertaken with children:
  - All coaches/staff/volunteers involved in any regulated activity must have undertaken the appointment & selection procedures including completion of the PVG membership scheme via the relevant Affiliated National Association.
  - Coaches/staff/volunteers involved in any football activity can only coach within their own club setting and with players registered to that organisation.
  - All coaches/staff/volunteers must undertake relevant child wellbeing & protection training and agree to a Code of Conduct.
  - Ensure that the club's Child Wellbeing & Protection Officer is in place and available to respond to concerns as and when required - Activity shouldn't commence without a CWPO in place.
  - All activities must be fully risk assessed in advance with the relevant club insurance in place.
  - It is encouraged where possible to play matches outdoors.
  - Coaches and instructors working with children should familiarise themselves with the additional considerations developed by Children 1<sup>st</sup>: [Child Wellbeing and Protection Considerations](#).
  - More information on child wellbeing & protection for clubs can be found on the [Scottish FA's Website](#).

# MATCHDAY ZONES – CHILDREN & YOUNG PEOPLE

- To allow games to be played in a safe, welcoming but controlled environment, we require all facility providers and clubs to adhere to the following matchday zones and the respective headcounts in each.
- **Red Zone** – The pitch - only players and match officials can enter this zone before and during a match.
- **Amber Zone** – This zone includes the technical area and MUST be a minimum of 2 metres from the playing area wherever possible. All persons in this area MUST remain at 2m physical distance at all times.
- **Green Zone** – In most cases this will be stand or terraced areas or, where such do not exist, the area immediately surrounding the pitch used for access.
- It is the responsibility of everyone to follow the facility protocols and ensure that games can be played.
- At this stage spectators are not permitted to attend. It is the club's responsibility to communicate this to supporters and the wider community.
- The following diagrams illustrate recommended good practice.

# MATCHDAY ZONES - EXAMPLE A

PLAYERS & MATCH OFFICIALS - COACHES, TEAM OFFICIALS & SUBS - ACCESS ONLY





# MATCHDAY ZONES - EXAMPLE B

## Red Zone:

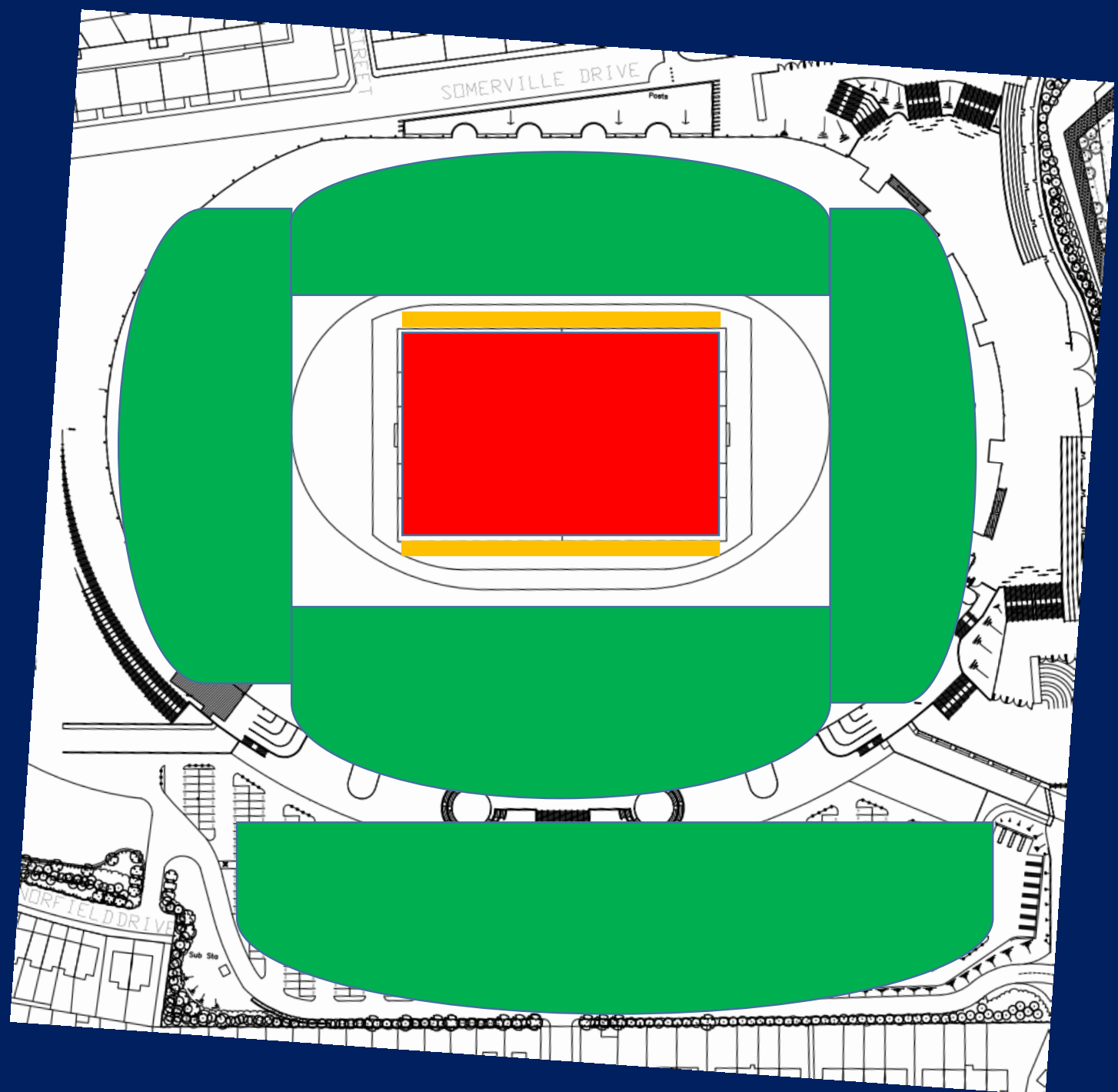
- Players & Match Officials Only

## Amber Zone:

- Coaches, Team Officials & Substitutes Only

## Green Zone:

- Access Only  
e.g. car parks



# MATCHDAY ZONES - EXAMPLE C

## Red Zone:

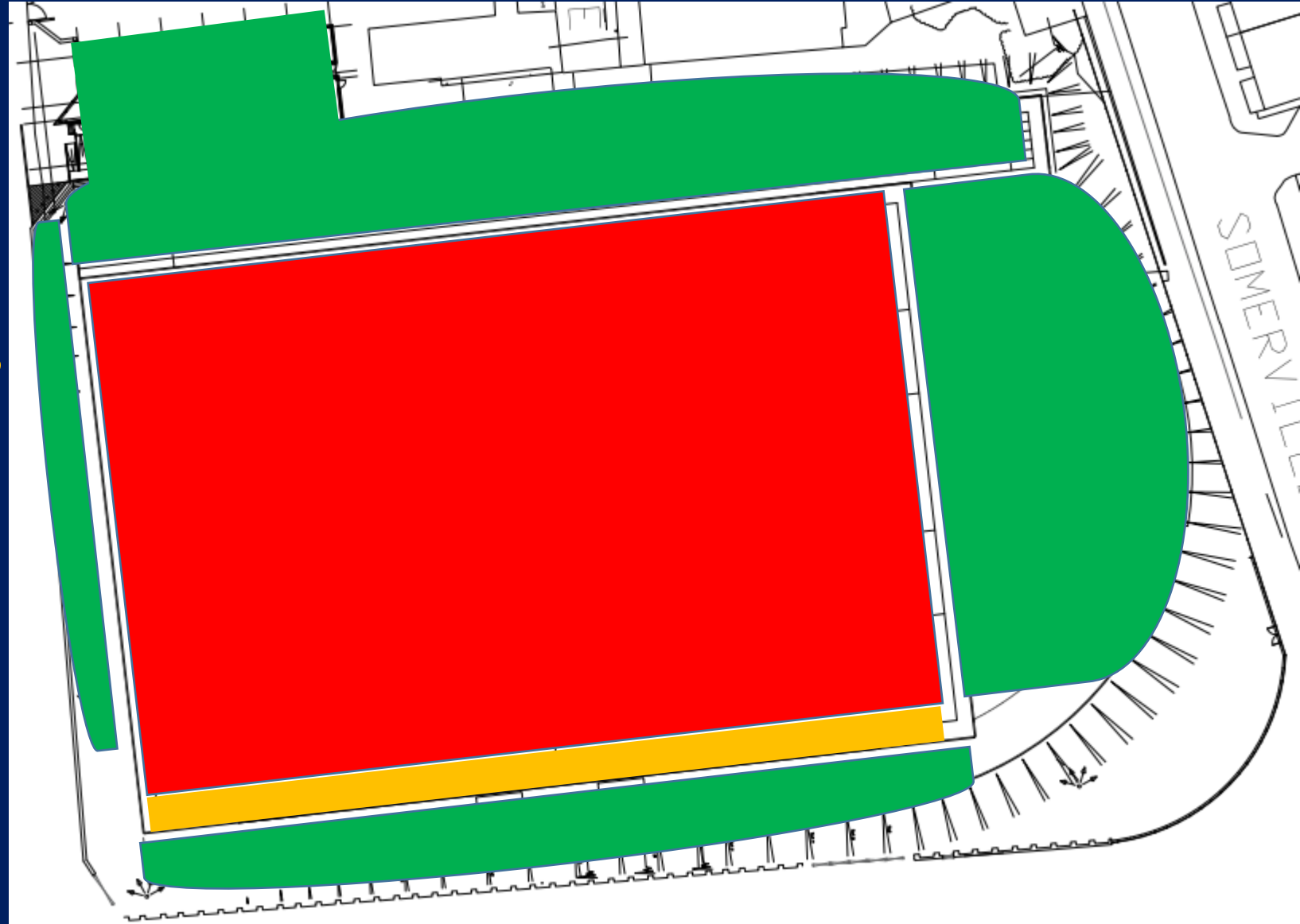
- Players & Match Officials Only

## Amber Zone:

- Coaches, Team Officials & Substitutes Only

## Green Zone:

- Access Only  
e.g. car parks



# PLAYER PATHWAY – THE GAME IN NUMBERS (NUMBERS BASED ON A FULL SIZE PITCH)

Player Pathway Stage	Club Festivals (4 v 4)	Club Festivals (5 v 5)	7 v 7	9 v 9
Recommended No of Small Sided Game pitches	6	6	2	1
Maximum number of Children & Young Players	30 players per bubble = <b>MAXIMUM number of 60</b> on a full size pitch.  *Please ensure that separate bubbles do not interact	30 players per bubble = <b>MAXIMUM number of 60</b> on a full size pitch.  *Please ensure that separate bubbles do not interact	20 players per bubble = <b>MAXIMUM number of 40</b> on a full size pitch.  *Please ensure that separate bubbles do not interact	32 (based on 2 squads of up to 16)
Maximum No of Support Officials	16  8 coaches per bubble 1 of whom must be a COVID Officer per team	16  8 coaches per bubble 1 of whom must be a COVID Officer per team	12  3 coaches per team (12) 1 of whom must be a COVID Officer per team	7  2-3 club officials per team (4-6) depending on squad size. 1 of whom must be a COVID Officer per team 1 match official
Total Footfall Max No across full pitch at any one time	76  *Please ensure that separate bubbles do not interact	76  *Please ensure that separate bubbles do not interact	52  *Please ensure that separate bubbles do not interact	Max 38

# PLAYER PATHWAY – THE GAME IN NUMBERS

Note that in NO circumstances should the total number of players, team officials and match officials exceed 41 between the Red and Amber Zone combined. Where possible numbers should always be kept to a minimum.

Matchday Zones	11 v 11
<p style="text-align: center;"><b>Red</b></p>	<p style="text-align: center;">11 players per team (22) 1 Match Official (1) <b>(Maximum of 23 within the Red Zone)</b></p> <p style="text-align: center;">The total numbers of substitutes will be dependent on individual ANA or League Association rules/guidelines</p>
<p style="text-align: center;"><b>Amber</b> <b>(During the match)</b></p>	<p style="text-align: center;">Team A - Maximum of 9 additional team officials and/or subs Team B - Maximum of 9 additional team officials and/or subs <b>(Maximum of 18 within the Amber Zone)</b></p> <p style="text-align: center;">All non-playing individuals above must maintain 2m physical distance within the <b>Amber</b> zone at all times.</p> <p style="text-align: center;"><b>No Spectators</b> <b>No Changing Rooms</b> <b>No Showers</b> <b>Toilet access only</b></p>
<p style="text-align: center;"><b>Green</b></p>	<p style="text-align: center;">Car Parking or Stadium/Facility Entry</p>

# TRAVEL GUIDELINES

- Clubs must play games as locally as possible. However, we are aware that due to the diversity of communities across Scotland, this will not always be possible with clubs based in more rural settings often having to travel further to play.
- We would therefore encourage all clubs, ANA's and league bodies to adopt a common-sense approach at all times when considering how far to travel for matches, so reducing risk to everyone involved.
- Players should travel to matches by foot, bike or car wherever possible. These remain the preferred methods of travel and the lowest transmission risk.
- Current Scottish Government advice when travelling by car is that **YOU MUST ONLY TRAVEL WITH MEMBERS OF YOUR OWN OR EXTENDED HOUSEHOLD.**
- It is accepted that occasions may arise when there is no safer alternative but to travel with people from outwith your household. A good example in football-related activity terms is where a child or young person may fail to be picked up by a parent or carer and being left alone or in a vulnerable position exposes them to greater risk than travelling in a shared vehicle.
- In such circumstances, you should follow **Transport Scotland's** Safe Travel guidance for travelling with others in a car:<https://www.transport.gov.scot/coronavirus-covid-19/transport-transition-plan/advice-on-how-to-travel-safely/#section-63888>)
- Further details on safe travelling are available here:<https://www.transport.gov.scot/coronavirus-covid-19/transport-transition-plan/advice-on-how-to-travel-safely/>
- Also ensure you remain up to date with any travel advice or restrictions posted on the Scottish Government's website:<https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/getting-around/>

# ROLE OF THE FACILITY OPERATOR



# FACILITY GUIDANCE / FOUR STAGE PLAN / PHASE THREE

## PLAN

1

Considerations to ensure you are prepared for the opening of your facility



### CHECKLIST

Consider sportscotland 'Getting Your Facilities Fit for Sport' checklist



### DEVELOP

Develop a facility 'Reinstatement Plan'



### RISK ASSESSMENT

Ensure that risk assessments are completed based on Scottish Government guidance



### IDENTIFY

Identify a Facility Covid Co-ordinator from your club's current pool of members



### PARTICIPANT ATTENDANCE

Put measures in place to record participant attendance



### CONSIDER

Consider programme of booking. Ensure social distancing requirements are met including participant entry and exit of facility

## PREPARE

2

Actions to prepare your facility prior to any sport or physical activity



### FACILITY ESSENTIALS

Pay consideration to water, gas, electricity, insurance, alarm system and other essentials



### CLEANING

Ensure a cleansing plan is in place prior to opening



### HYGIENE, HEALTH & SAFETY

Ensure all hand sanitising measures are in place



### SOCIAL DISTANCING

Ensure all requirements are met



### INFORM

Ensure all hygiene and social distance procedures are communicated with all participants and workforce/volunteers

## PROTECT

3

Actions to protect the safety of participants while your facility is open



### MAXIMUM NUMBERS

Adhere to these strictly. They are set to protect



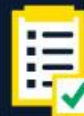
### PITCH LAYOUTS

Apply these and implement 'bubbles' where advised



### MATCHDAY ZONES

Ensure players, coaches, parents/spectators understand all zones and why these are important



### FACILITY RULES

Understand and communicate these across your club



### IMPLEMENTATION

Continue to follow all COVID-related guidance

## REVIEW

4

Review and update your plans regularly once your facility is open and operating



### CHECK & AMEND

Review EVERY policy and process. Change anything that's not working as planned



### UP TO DATE

Be aware of changing Scot Gov guidance and how this affects your facility-numbers, contact/non-contact, indoor/outdoor



### CHANGING ROOMS

Due to current Scottish Gov. guidance, access to changing rooms and showers are currently not permitted



### SPECTATORS

Are not permitted at this stage



### FOOTBALL-SPECIFIC GUIDANCE

Revisit the Return to Football Hub: to stay across all updates

[scotfa.co/returntofootball](https://scotfa.co/returntofootball)



# OWNER/OPERATOR CHECKLIST

- All facility owners and operators must familiarise themselves with the guidance that is freely available via the dedicated section on the **sportscotland** website:  
<https://sportscotland.org.uk/COVID/getting-your-facilities-fit-for-sport/>
- Together with general facility guidance, there are specific operational guides for both indoor and outdoor environments and links to further resources. This comprehensive suite of documents contains important information on the various steps and measures to be implemented to ensure a safe return for all football activities. The individual documents can be found at the following links:
- Getting Your Facilities Fit For Sport:  
[https://sportscotland.org.uk/media/6012/getting\\_your\\_facilities\\_fit\\_for\\_sport\\_aug\\_2020.pdf](https://sportscotland.org.uk/media/6012/getting_your_facilities_fit_for_sport_aug_2020.pdf)
- Getting Your Facilities Fit For Sport - Resources:  
<https://sportscotland.org.uk/COVID/getting-your-facilities-fit-for-sport-resources/>
- Getting Your Facilities Fit For Sport - Operational Guide - Sports Courts & Pitches:  
[https://sportscotland.org.uk/media/6009/sports\\_courts\\_pitches\\_gyfffs\\_info\\_sheet.pdf](https://sportscotland.org.uk/media/6009/sports_courts_pitches_gyfffs_info_sheet.pdf)
- Getting Your Facilities Fit For Sport - Operational Guide - Sports Halls:  
[https://sportscotland.org.uk/media/6010/sports\\_halls\\_gyfffs\\_info\\_sheet.pdf](https://sportscotland.org.uk/media/6010/sports_halls_gyfffs_info_sheet.pdf)



# IF YOU OWN/OPERATE A FACILITY

- If you own or operate your own facility, you must ensure that all users are aware of and adhere to your protocols.
- Please ensure that you share your protocols with all users and ensure that the facility has clear and suitable signage.
- Owners/Operators must be aware of all facility criteria with regards football competitions and leagues and ensure that your facility is compliant, before confirming a booking with a club.
- Please ensure that your bookings are timed accordingly - i.e. buffer periods between training sessions and staggered kick offs for matches - to avoid any 'bottlenecks' or excessive numbers of adults and children between training sessions and games.

# IF YOU HIRE OR LEASE A FACILITY

- If you hire or lease a facility, you must ensure that all of your users are aware of and adhere to the facility protocols.
- Please ensure that you share these protocols with all your users and ensure that you follow facility signage.
- You must be aware of all facility criteria with regards football competitions and leagues and ensure that your facility is compliant, before confirming a booking.
- Please ensure that your bookings are timed accordingly - i.e. buffer periods between training sessions and staggered kick offs for matches – to avoid any 'bottlenecks' or excessive numbers of adults and children between training sessions and games.

# ROLE OF THE LEAGUE



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- Leagues have responsibility to ensure that all clubs/teams participating in planned activity follow the appropriate Match Day protocols. These protocols must be adhered to throughout any planned activity.
- All leagues must ensure that all participating clubs/teams have a trained COVID Officer in place during planned activity.
- All small sided leagues will be required to appoint a trained COVID Coordinator, who will be responsible for ensuring all Match Day protocols are adhered to.
- The COVID-19 Coordinator must be present during all activity.
- All small sided league providers that are planning any festival based activity will be required to provide a 'risk assessment' <https://www.scottishfa.co.uk/media/6500/risk-assessment-example.pdf> to their relevant ANA prior to commencing activity.
- All small sided leagues that are planning festival based activity, must ensure as part of the 'risk assessment' process, that there is adequate staggered 'kick off' times and sufficient space between different 'bubbles' taking part.
- All small sided leagues that are planning festival based activity and using any public/private hired facilities must ensure that they have in place all the relevant risk assessments and have relevant COVID signage in place to manage exit, entry and car parking.
- Currently no spectators and/or parents should attend any activity; please check out the Child Wellbeing guidelines for further information.

# CHANGING AREAS



# CHANGING AREAS

- “Use of changing rooms and showering facilities should be avoided where possible, although they may be made available for participants who require additional support such as disabled people or those with special needs”
  - sportscotland - Phase 3: Return to Sport & Physical Activity (18 Sep 2020)
- To review the above guidance in full please click [here](https://sportscotland.org.uk/media/6114/phase-3-return-to-sport-and-physical-activity-guidance-180920-final.pdf) (<https://sportscotland.org.uk/media/6114/phase-3-return-to-sport-and-physical-activity-guidance-180920-final.pdf>)
- For ALL matches, ALL players and officials MUST arrive ready to play and then depart the facility as soon as possible afterwards.
- We continue to work with the relevant stakeholders to provide further guidance which will appear on the Scottish FA's Return to Football Hub in due course.

# 10 RULES TO KEEP FOOTBALL SAFE

To allow football to take place, all players, coaches, officials and clubs should follow the 10 rules to keep football safe. Look out for one another, we all have a part to play

1



Wash or sanitise your hands before and after the activity

2



Do not share drink bottles

3



Due to current Scottish Gov. guidance, access to changing rooms and showers are currently not permitted

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Physical distancing at all times outwith the activity

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Arrive ready to participate and depart promptly once the activity is over

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No handshakes, high fives or spitting

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PPE must be worn when administering first aid

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A trained COVID Officer must take register for Test and Protect protocols

9



No car sharing when travelling to and from games and training

10



No spectators permitted

## COVID-19 WARNING

Please remember to follow all COVID-19 protocols including local restrictions and guidance as outlined by the Scottish Government.

Prior to taking place in any football sessions please ensure that you're aware of all permitted activity and guidance on the Return to Football Hub: [scotfa.co/returntofootball](https://scotfa.co/returntofootball)



# ROLE OF THE CLUB





# PLAN & PREPARE

- Ensure your club and ALL players and officials are registered with your Affiliated National Association.
- Ensure everyone is aware of your Child Wellbeing & Protection policy, especially the Responding to Concerns procedure.
- Clubs with more than 1 team must appoint a [COVID Co-ordinator](#) to ensure all 'best practice' guidance is followed consistently by all members - players, coaches and club volunteers alike – promoting a safe & confident return to match activity.
- Each team must appoint a COVID Officer to ensure all 'best practice' guidance is followed by all team members - players, coaches and club volunteers alike – promoting a safe & confident return to match activity.
- Coaches are responsible for the safety of the players and should be fully aware of their own club's policies and those of any venue(s)
- Online payments for sessions should be taken if possible. If not, alternative measures should be put in place. Where possible avoid handling cash.
- Ensure all officials have completed all relevant and appropriate appointment and selection procedures (including PVG membership).
- Ensure there are sufficient first aid-qualified officials and adequate first aid provision at all matches.
- Communicate with all members to ensure they feel safe and ready to return to match play.
- Complete risk assessments for return to match play.
- Liaise with your insurers to check that you're covered for all activity.
- Communicate with coaches, players and parents to ensure they understand the new procedures to keep everyone safe.

# TEST AND PROTECT

- If you have COVID symptoms, contact the NHS to arrange to be tested at 0800 028 2816 or [www.nhsinform.scot](http://www.nhsinform.scot)
- If someone who has attended your club activity develops symptoms of COVID, 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/match. Contact details should be held by both the appropriate COVID Co-ordinator and COVID Officer for no more than 3 weeks (21 days) after the session. All personal data should be held and disposed of in a safe and secure manner.
- 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.
- Ensure every club involved in any match day activity has the contact details for their opposing team's COVID Officer for the purposes of sharing details.
- It is not the responsibility of the football club to inform members if someone at the club has tested positive for COVID. This will be done by the NHS Scotland Test & Protect team. An individual's right to privacy must be observed.
- The football club will be expected to be able to pass on contact details of all attendees should they be asked by a member of staff at the facility or match venue or a member of the NHS Scotland Test & Protect team.
- Data protection laws allow for the sharing of personal data where this is necessary for certain permitted purposes, such as in the interests of public health. Disclosing relevant contact details to a member of the Test & Protect team will not be a breach of the GDPR.

# HEALTH & HYGIENE

**IMPORTANT:** Remind all members of the following protocols:

- Scottish Government advice remains that anyone with symptoms of COVID should self-isolate for 10 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 match activity, 2 metre physical distancing must be adhered to by EVERYONE at ALL times.
- Face masks are mandatory indoors, unless there is a reasonable excuse as defined by the legislation.
- First aid protocols can be found at [HERE](#).
- Further information can also 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-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.

# ROLE OF COVID CO-ORDINATOR

This person should:

- Follow the role profile as outlined here: [COVID co-ordinator](#).
- Be familiar with Scottish Government and Scottish FA guidelines in relation to COVID, and be guided by them at all times.
- Be a registered club official.
- Encourage everyone involved with the club to take collective responsibility and ensure all guidelines are adhered to.
- Ensure each club team has an appointed COVID Officer.
- 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.
- In addition, all Team COVID Officers must retain a copy of the register for every session they lead as back-up in the event of any admin issue.
- Liaise with and support each team COVID Officer to ensure they are aware of and adhere to club & Scottish FA Return to match activity Guidelines.
- MUST attend sportscotland COVID Officer training. - [https://rise.articulate.com/share/LIEWUj-o23H\\_4gC1AF002jdxdrCucQC0#/](https://rise.articulate.com/share/LIEWUj-o23H_4gC1AF002jdxdrCucQC0#/)

# ROLE OF THE COACH



# PRE-MATCH

- Where possible, come to the football club or facility on foot or by bicycle and avoid using public transport. **If sharing a car you must only travel with members of your own or extended household.**
- Come dressed in your coaching kit as changing rooms **WILL** be closed.
- Bring your own water bottle clearly marked to ensure no sharing.
- Coaches/COVID Officers must maintain accurate registers of players, times and dates. These should be shared with the appropriate COVID Coordinator to allow contact tracing if required.
- Individuals from high risk groups should self-assess whether they should attend match day sessions. Consult your doctor for advice if you are unsure.
- Arrive in time to ensure that all preparation measure are completed for when players arrive.
- Set up a designated 'Hygiene Station' and 'Players Area' for your players.
- Clearly communicate the rules relating to match play to all players involved in advance.
- Remind players of all pre and post game 'etiquette' - e.g. no handshakes, high fives etc. Instead players can adopt elbow or fist bumps as signs of sportsmanship.
- The above also applies at the point substitutions are being made.

# DURING MATCHDAY

- It is important that we don't push players too hard, increasing the risk of injury.
- Goalkeepers - please see the Scottish FA's COVID Goalkeeper guidelines [HERE](#).
- Players should stay well hydrated at all times drinking plenty of water from their own bottle.
- Spitting is not allowed.
- Heading is permitted as per Scottish FA Guidelines [HERE](#).
- 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.
- During matches, please encourage all individuals at pitch-side to remain physically distant where at all possible.
- Please remind players to remain physically distanced from match officials.
- Always follow club guidance from, for example, other coaches, COVID Co-ordinator / Officer or committee members. Stay with your own group when several groups are active at the same time.

# POST-MATCH

- Once all players have left the facility safely, please also leave promptly.
- Clean and wipe down your equipment, including any goals used, before and after match day.
- Ensure you take all personal belongings and equipment with you at the end of the activity.
- Do not leave anything at the venue/facility.
- Remind and manage your players, regardless of age, to maintain 2 metre physical distancing at ALL times out-with your organised matches. This applies when not on the pitch immediately before and after the session and whilst within the confines of the facility being used.
- We fully appreciate that Under 12s are free from physical distancing. However, the above must be implemented to help clubs safely manage sessions that may involve players from both the Children and Young People age groups.



# ROLE OF THE PARENT/CARER



# PRE-MATCH

- DO NOT ATTEND match activity if you or anyone from your household should be isolating based on Scottish Government guidelines.
- **More specifically in a match context, we ask that you don't gather to spectate.**
- Parents/carers who do need to supervise their children should abide by Scottish Government physical distancing guidance at ALL times.
- Groups of parents from different households should not congregate before, during or after matches.
- Talk to your child about returning to matches, helping them understand the measures 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 matches and arrives ready to play, wearing clean kit.
- Ensure both your child and his/her coach has your contact telephone 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 session/match.
- To limit over-crowding, please bring your child to the match day session on your own, following your club's advice.
- Only bring your child to the football club for pre-arranged matches.

# DURING MATCHDAY

- Always follow club guidance from coaches, the COVID co-ordinator / Officer or committee members.
- Parents/carers will be encouraged not to spectate during matches in order to ensure physical distancing measures for adults are maintained. This applies before, during and after the matches.
- Your club should provide clear guidance regards drop off and pick up points.
- If you envisage your child may require support during a match day session (e.g. help accessing a toilet), it is permitted 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 on the Scottish FA Return To Football Hub
- Please note team first aiders can now administer full first aid.

# POST-MATCH

- Immediately after matches, a parent/carer should collect their child as promptly as possible.
- Ensure you and your child's hands are sanitized immediately after match activity.
- Inform the club immediately should your child start to show symptoms of COVID.
- 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 match day sessions whilst at the facility.

# ROLE OF THE PLAYER



# PRE-MATCH

- If you are feeling unwell, let someone at home know and don't attend on a match day.
- Wash your hands regularly with soap and water for 20 seconds, including just before you leave home on a match day.
- Come ready to take part in match day:
  - Have clean match day 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
- 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 playing matches, tell your parent/carer who can get any answers you need from your club.
- Regardless of age, you must maintain 2 metre physical distancing from everybody before and after a match.

# DURING MATCHDAY

- Have fun!
- Always listen to your coaches. They are there to keep you safe and to help you enjoy playing football.
- Do not touch equipment that is not yours. This includes goalposts, cones, markers, poles, hurdles or any other equipment that is used for match day.
- Goalkeepers - please see the Scottish FA's COVID Goalkeeper guidelines [HERE](#).
- If you need to sneeze or cough, do so into a tissue or your elbow and then wash 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, wash your hands using the 'Hygiene Station' provided.

# POST-MATCH

- Follow instructions from your coach to leave your match day session quickly once you are finished, making sure a parent/carer is there to collect you - DO NOT wander off on your own.
- Please limit your attendance at the football club and only attend for arranged match day sessions.
- Apply hand sanitizer.
- Ensure you take all personal belongings and equipment with you at the end of match day and do not leave anything at the venue/facility.
- Regardless of age you must maintain 2 metre physical distancing from everybody before and after your match day session.



# MATCHDAY RUNNING ORDER

Example applicable to 11 v 11 only.



# MATCHDAY RUNNING ORDER

## **Before matchday:**

- Home COVID Officer/Club Official to contact the opposition club official in line with ANA/League Association prior to the game and discuss:
- Arrival areas & Car Parking.
- Pitch Set Up (including the 2m zone round the pitch).
- Changing room set-up's (if applicable).
- Warm up areas.
- Explain signage to limit people congregating.

## **Matchday - on arrival:**

- All players/officials should stay in cars until instructed to move to agreed area.
- All players/officials should physically distance on route to agreed areas.
- All players must follow all changing area guidance.
- Once changed, all players should move to the designated warm up area maintaining 2m physical distance whilst doing so.
- Players & Team Officials are reminded that they should remain at least 2m from the Match Officials during any communications.

# MATCHDAY RUNNING ORDER

## Matchday - Warm Up:

- Players from each side should enter the **RED** zone to commence the warm up.
- At this stage both sides should remain in their respective bubbles.
- Match Officials will warm up in the agreed area.
- Once the warm up is complete, all substitutes and team officials leave the field of play, maintaining 2m physical distance at all times within the designated players and officials area(s)

## Matchday - Half Time

- Only the Team Officials from each side should enter the field of play with the participating players.
- Players and Team Officials should remain 2m apart during the half time team talk.

## Matchday - Full Time:

- Teams should return to agreed half of the park.
- All players and team officials should maintain 2m physical distance.
- Away team leaves the pitch first maintaining 2m physical distance.
- Home team then leave the pitch maintaining 2m physical distance.
- Officials are last to leave the pitch maintaining 2m physical distance.
- Teams should leave the facilities as quickly as possible.

# PLAYER PATHWAY STAGE GUIDANCE

4v4

5v5

7v7

9v9

11v11

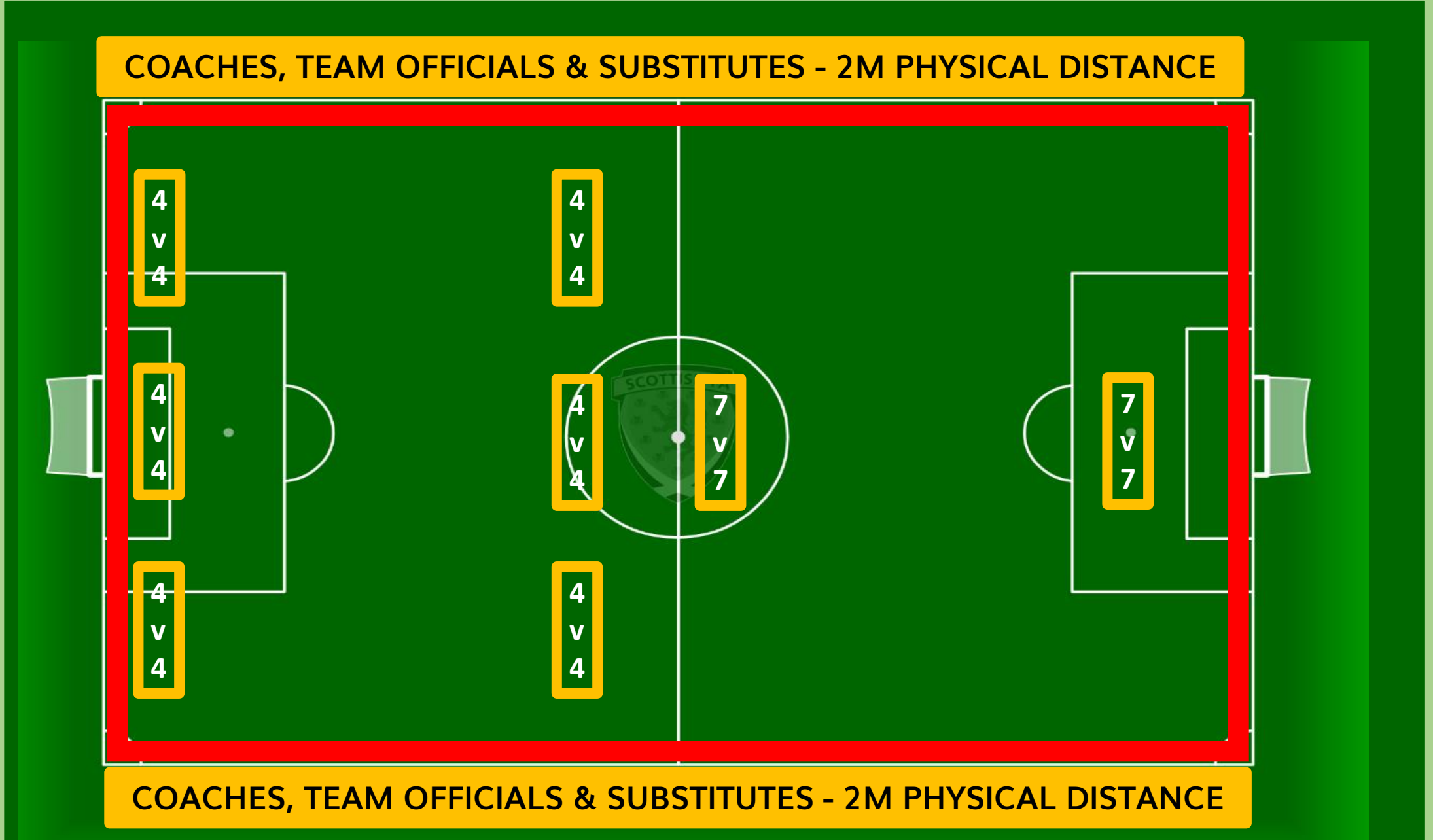


# MATCHDAY ZONES – CHILDREN & YOUNG PEOPLE

- To allow games to be played in a safe and welcoming environment, we require all facility providers, clubs, spectators and members to adhere to the following matchday zones.
- **Red Zone** - this is the competition 'bubble' and refers to the area that only players, club officials and match officials can enter.
- **Amber Zone** - At present NO ONE is permitted to access this area unless in exceptional circumstances - e.g. to support a child. When in use, this area should sit a minimum of 2 metres from the Red Zone.
- **Green Zone** - this area is for access to the facility or stadium e.g. car park.
- It is the responsibility of everyone to follow the facility protocols to ensure games can be played.
- At this stage, spectators are not permitted to attend. It is a club's responsibility to communicate this to supporters and the wider community.
- The following diagrams show recommended good practice.

# MATCHDAY ZONES

PLAYERS & MATCH OFFICIALS - COACHES, TEAM OFFICIALS & SUBS - ACCESS ONLY



# MATCHDAY CHECKLIST – GENERAL CHILDREN & YOUNG PEOPLE

- 4 v 4 and 5 v 5 Matchday pitch formats will be made up of 2 'bubbles' with 3 pitches in each.
- Ensure maximum numbers do not exceed those for each game format. See pages 10 & 11 of this guidance for further detail.
- Ensure an accurate register, including contact details, is kept for EVERY matchday. This register should be held by both the Club COVID Coordinator and Team COVID Officer for the period stated in current Scottish Government guidelines.
- Ensure there are enough first aid qualified officials and adequate first aid provision to cover all matches.
- As far as possible, ensure equal game time for all players included in a matchday squad.
- Players MUST bring their own water bottle clearly marked to ensure no sharing, and all playing kit.
- Ensure players touch or share as few items of equipment as possible over the course of a matchday.
- Ensure players know to have used the toilet and washed their hands before leaving home on a matchday.
- Above all else, make sure everyone involved is safe and having fun!
- Adults remain the greatest risk factor in the transmission of COVID. For that reason they SHOULD NOT spectate from pitch-side at this stage. For those parents who must stay to assist their child due to age or particular needs or health conditions, they must do so at least 4m outside the playing lines.

# PLAYER PATHWAY STAGE – 4 v 4 MATCHDAY CHECKLIST

- Ensure all players remain within their assigned 'bubble' for the duration of the session.
- Bubble 1 – Pitch 1, 2 and 3 (see pitch diagram to follow).
- Bubble 2 – Pitch 4, 5 and 6 (see pitch diagram to follow).
- Maximum of 30 players per bubble
- Maximum of 60 players per full 11s pitch.
- 8 coaches per bubble = 16 coaches per full 11s pitch.
- All coaches must remain with designated Coaching Zones.



PLAYER PATHWAY - 4 v 4

2 metre min 'buffer zone' between groups

Bubble 1

Bubble 2

4 v 4 Pitch 1

4 v 4 Pitch 4

4 v 4 Pitch 2

4 v 4 Pitch 5

4 v 4 Pitch 3

4 v 4 Pitch 6

2 metre min 'buffer zone' around pitch

Team A Coaching Zone

Team C Coaching Zone

Team E Coaching Zone

Team B Coaching Zone

Team D Coaching Zone

Team F Coaching Zone

Team G Coaching Zone

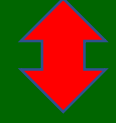
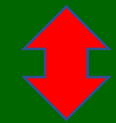
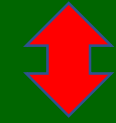
Team I Coaching Zone

Team K Coaching Zone

Team H Coaching Zone

Team J Coaching Zone

Team L Coaching Zone



Bubble 1

2 metre min 'buffer zone' between groups

Bubble 2

4 v 4 Pitch 1

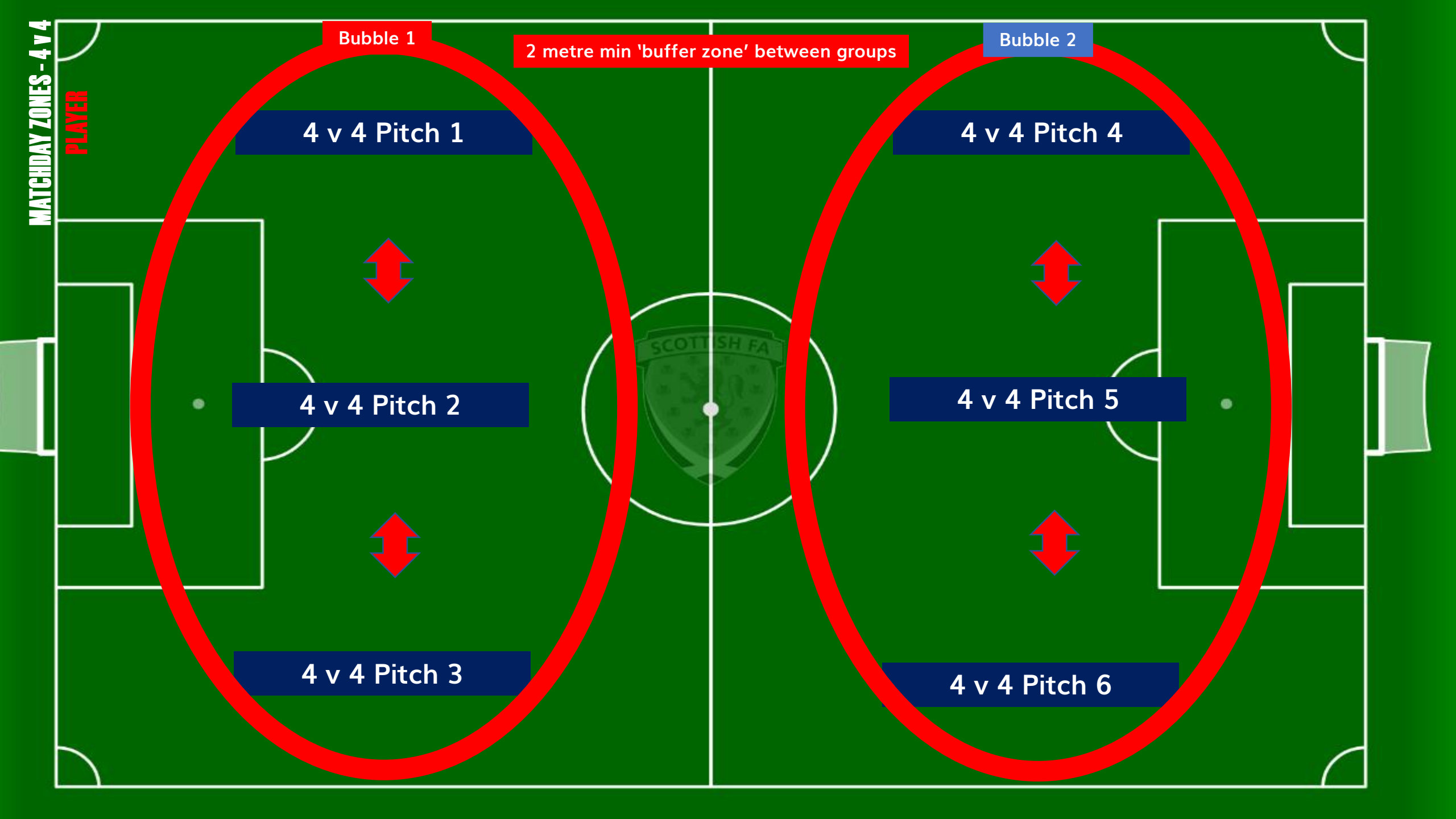
4 v 4 Pitch 4

4 v 4 Pitch 2

4 v 4 Pitch 5

4 v 4 Pitch 3

4 v 4 Pitch 6



MATCHDAY ZONES - 4 v 4

COACH

Bubble 1

Bubble 2

4 v 4 Pitch 1

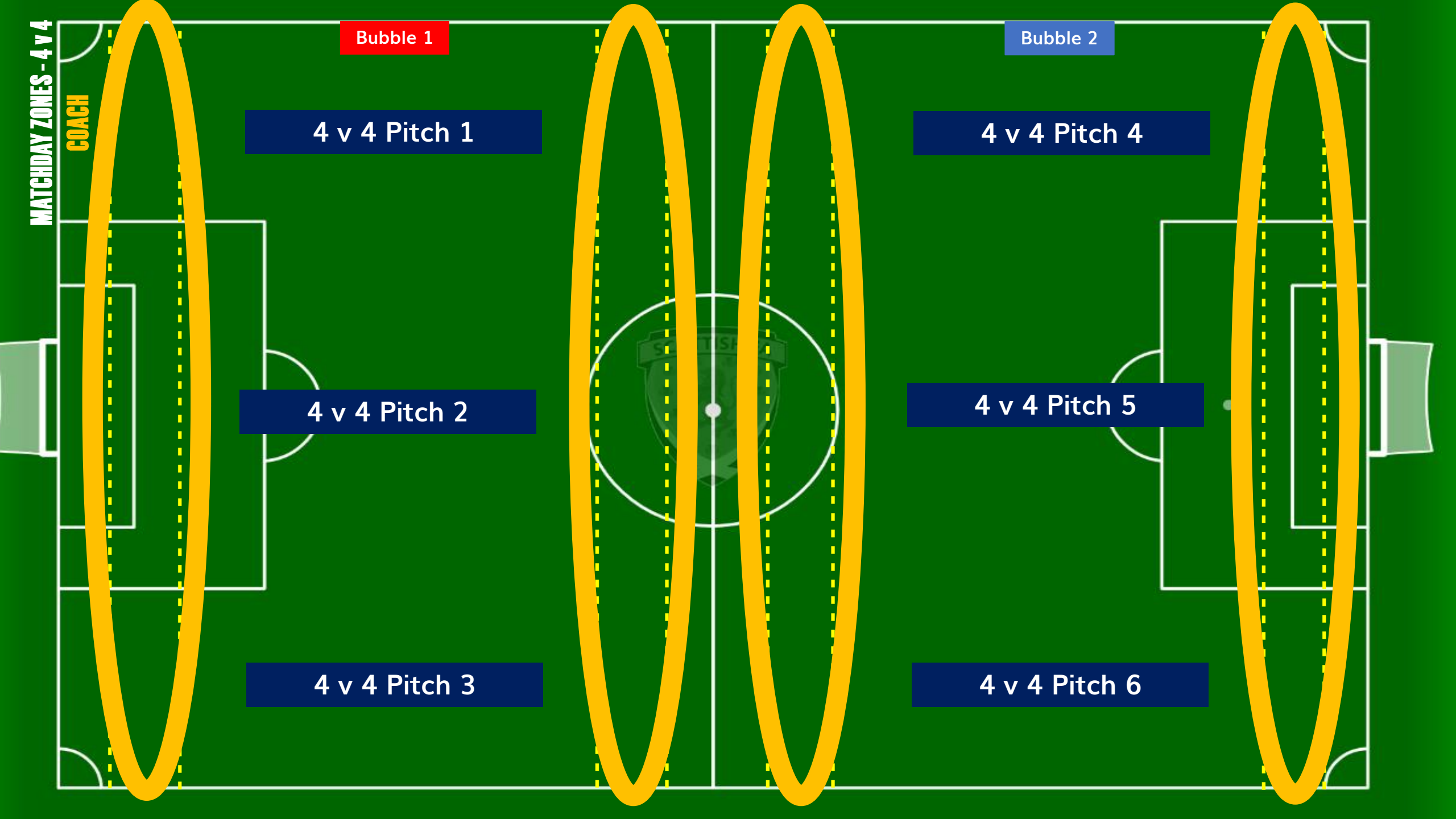
4 v 4 Pitch 4

4 v 4 Pitch 2

4 v 4 Pitch 5

4 v 4 Pitch 3

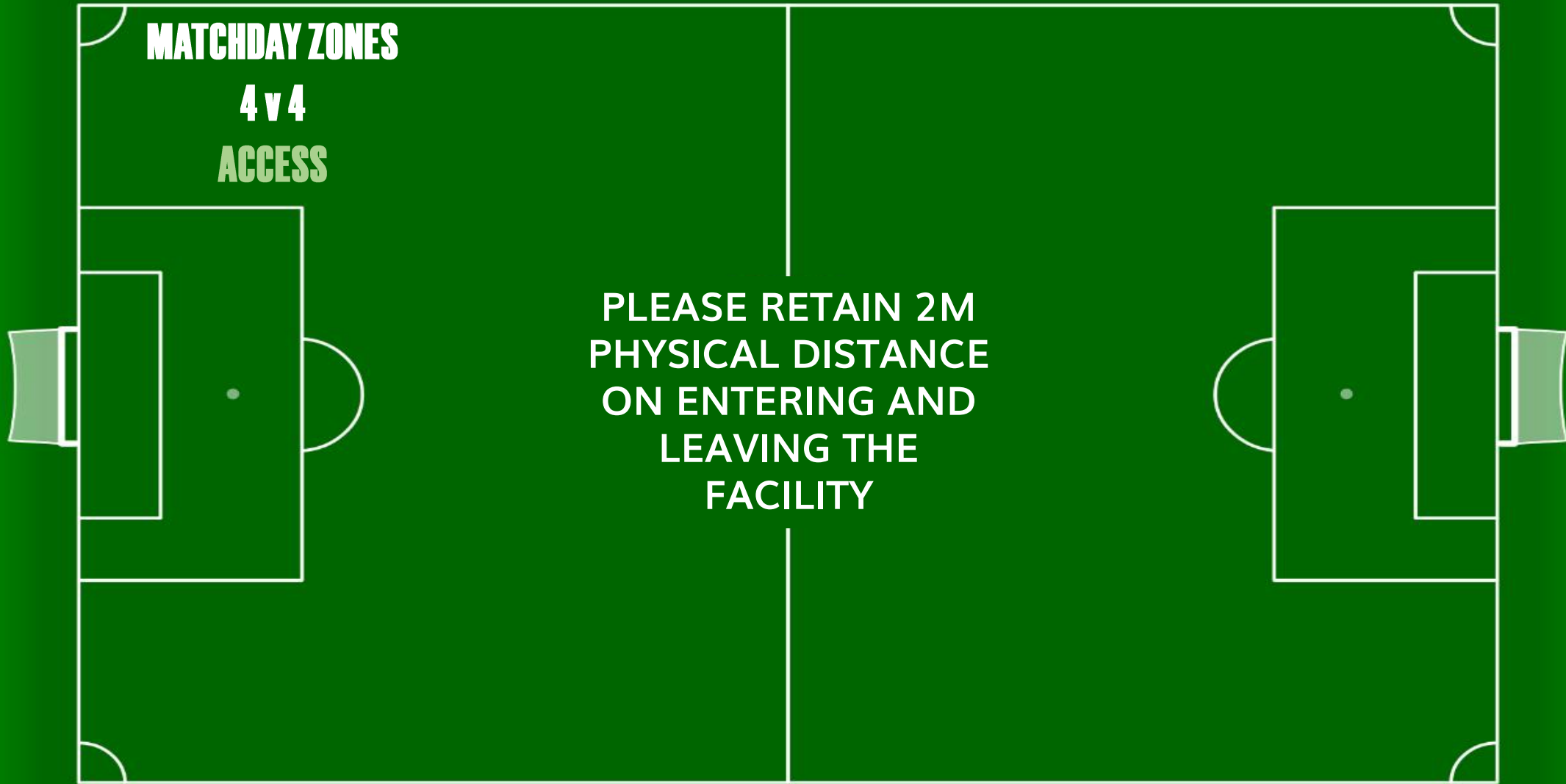
4 v 4 Pitch 6



**MATCHDAY ZONES**

**4 v 4  
ACCESS**

**PLEASE RETAIN 2M  
PHYSICAL DISTANCE  
ON ENTERING AND  
LEAVING THE  
FACILITY**



# PLAYER PATHWAY STAGE – 5 v 5 MATCHDAY CHECKLIST

- Ensure all players remain within their assigned 'bubble' for the duration of the session.
- Bubble 1 - Pitch 1, 2 and 3 (see pitch diagram to follow).
- Bubble 2 - Pitch 4, 5 and 6 (see pitch diagram to follow).
- Maximum of 30 players per bubble
- Maximum of 60 players per full 11s pitch.
- 8 coaches per bubble = 16 coaches per full 11s pitch.
- All coaches must remain with designated Coaching Zones.

PLAYER PATHWAY - 5 v 5

2 metre min 'buffer zone' between groups

Bubble 1

Bubble 2

5 v 5 Pitch 1

5 v 5 Pitch 4

5 v 5 Pitch 2

5 v 5 Pitch 5

5 v 5 Pitch 3

5 v 5 Pitch 6

2 metre min 'buffer zone' around pitch

Team A Coaching Zone

Team B Coaching Zone

Team G Coaching Zone

Team H Coaching Zone

Team C Coaching Zone

Team D Coaching Zone

Team I Coaching Zone

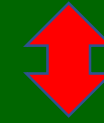
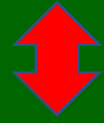
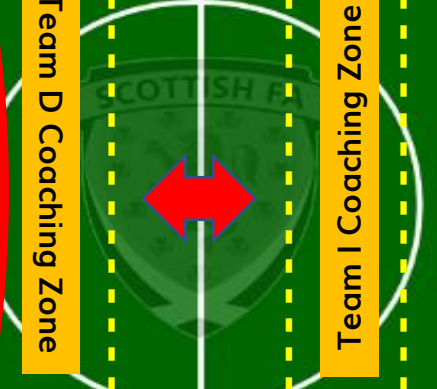
Team J Coaching Zone

Team E Coaching Zone

Team F Coaching Zone

Team K Coaching Zone

Team L Coaching Zone



PLAYER

Bubble 1

2 metre min 'buffer zone' between groups

Bubble 2

5 v 5 Pitch 1

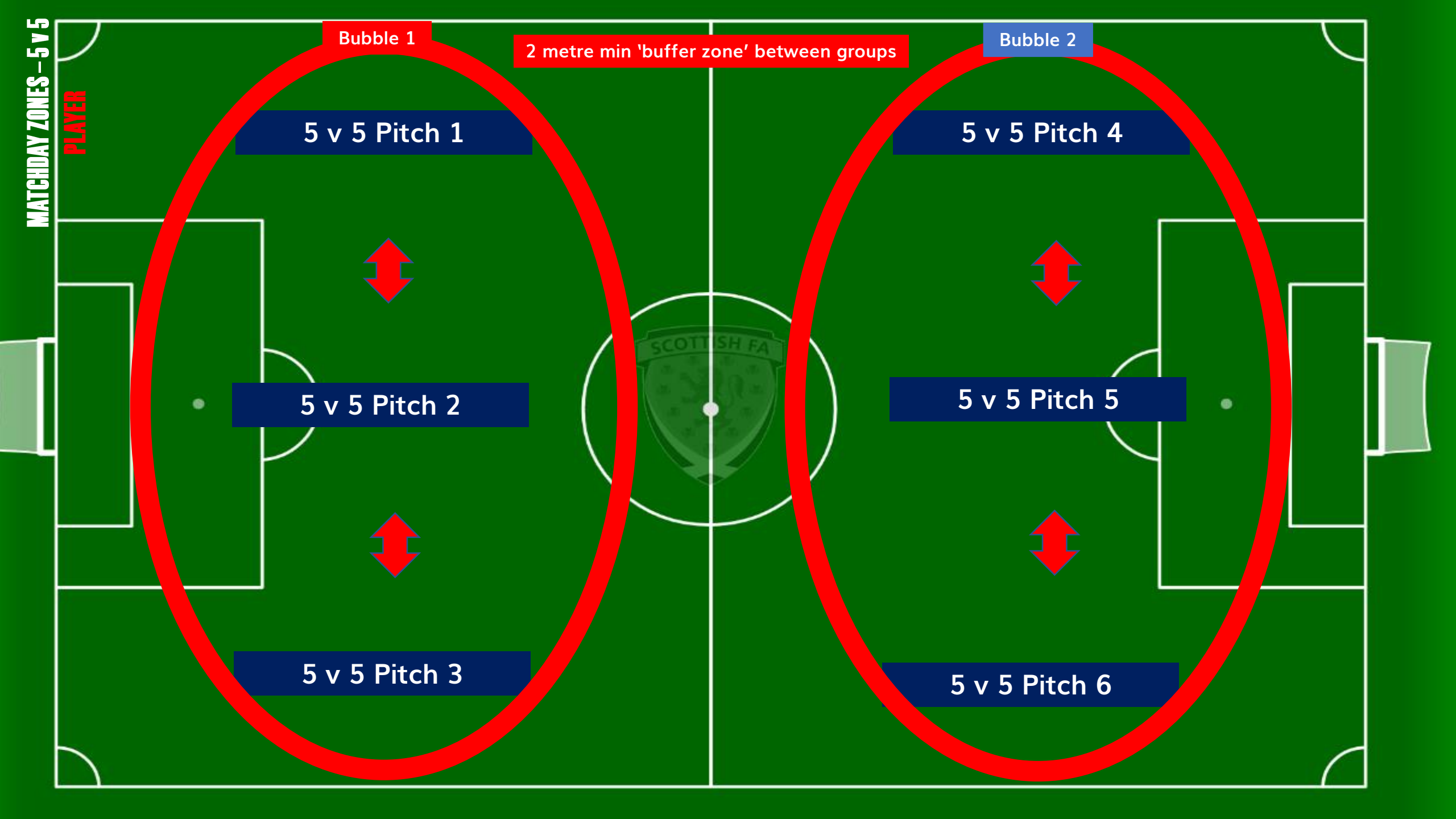
5 v 5 Pitch 4

5 v 5 Pitch 2

5 v 5 Pitch 5

5 v 5 Pitch 3

5 v 5 Pitch 6



MATCHDAY ZONES - 4 v 4

COACH

Bubble 1

Bubble 2

5 v 5 Pitch 1

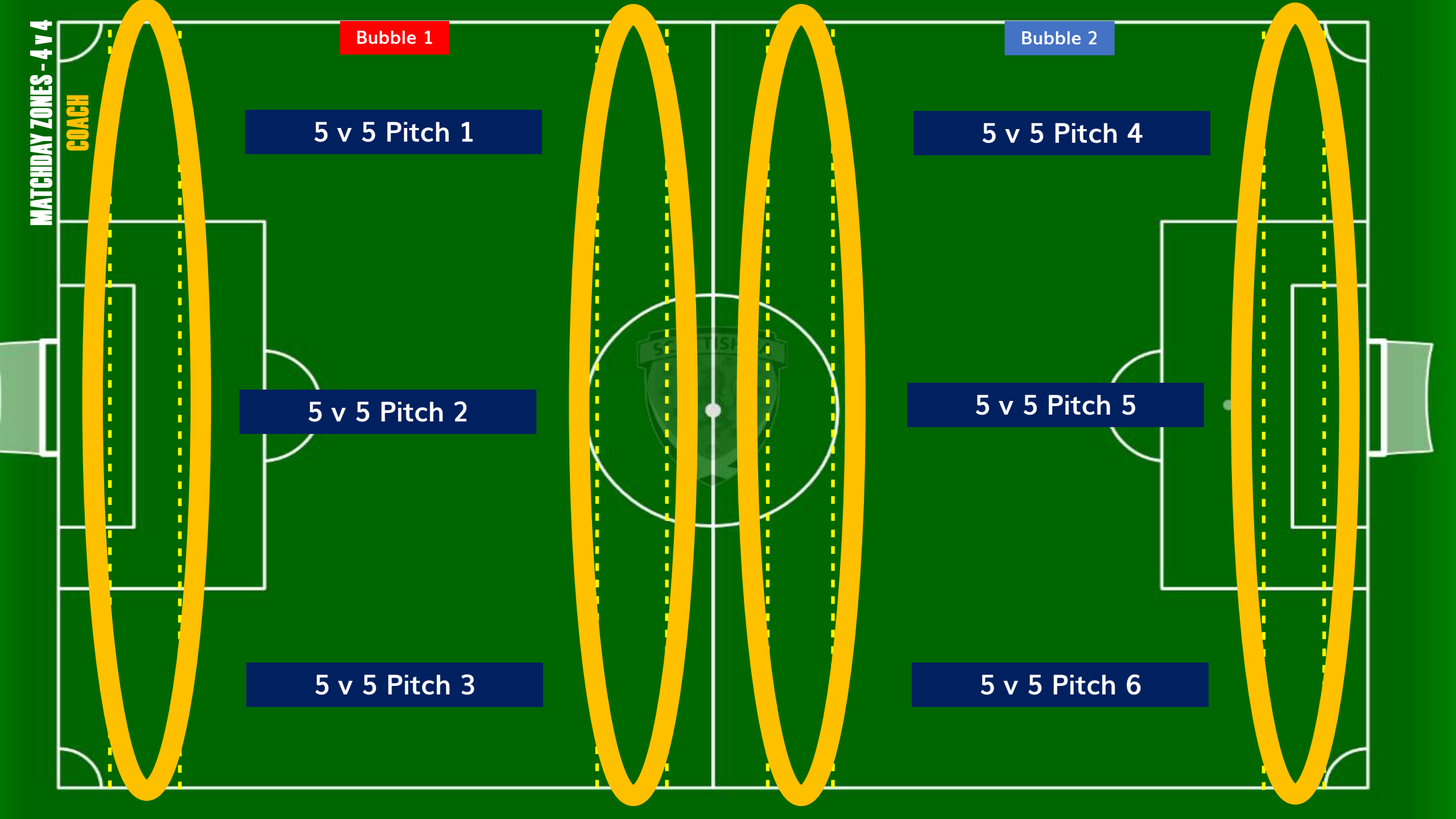
5 v 5 Pitch 4

5 v 5 Pitch 2

5 v 5 Pitch 5

5 v 5 Pitch 3

5 v 5 Pitch 6





**MATCHDAY ZONES**

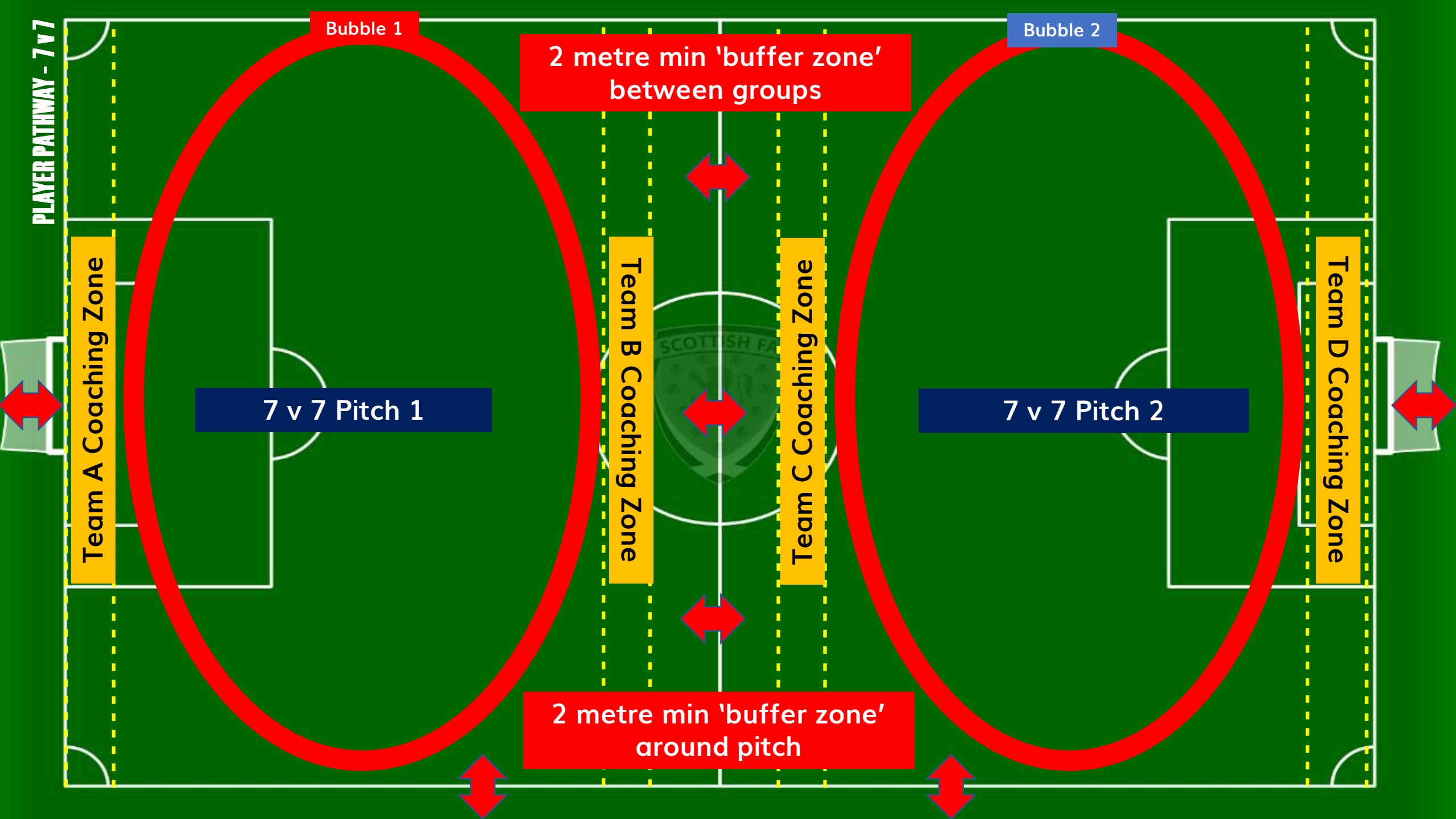
**4 v 4  
ACCESS**

**PLEASE RETAIN 2M  
PHYSICAL DISTANCE  
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LEAVING THE  
FACILITY**



# PLAYER PATHWAY STAGE - 7 v 7 MATCHDAY CHECKLIST

- Ensure all players remain within their assigned 'bubble' for the duration of the session.
- Bubble 1 = Pitch 1 (see pitch diagram to follow).
- Bubble 2 = Pitch 2 (see pitch diagram to follow).
- Maximum of 20 players per game/bubble.
- Maximum of 40 players per full 11s pitch.
- 6 coaches per game/bubble = 12 coaches per full 11 a side pitch.
- All coaches must remain with designated Coaching Zones.



PLAYER PATHWAY - 7 v 7

Bubble 1

2 metre min 'buffer zone'  
between groups

Bubble 2

Team A Coaching Zone

7 v 7 Pitch 1

Team B Coaching Zone

Team C Coaching Zone

7 v 7 Pitch 2

Team D Coaching Zone

2 metre min 'buffer zone'  
around pitch



Bubble 1

2 metre min 'buffer zone' between groups

Bubble 2

7 v 7 Pitch 1

7 v 7 Pitch 2



MATCHDAY ZONES - 7 v 7

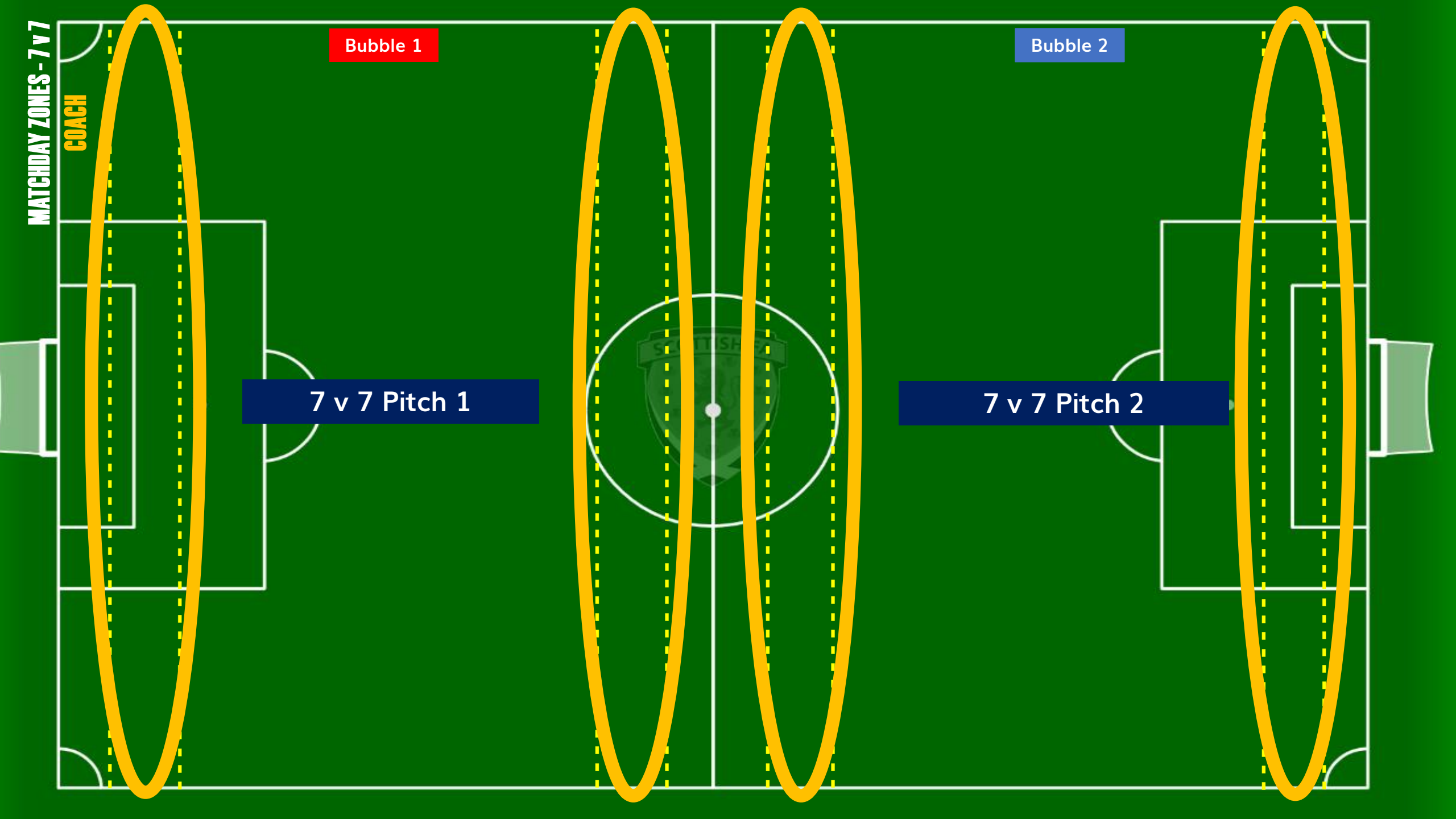
COACH

Bubble 1

Bubble 2

7 v 7 Pitch 1

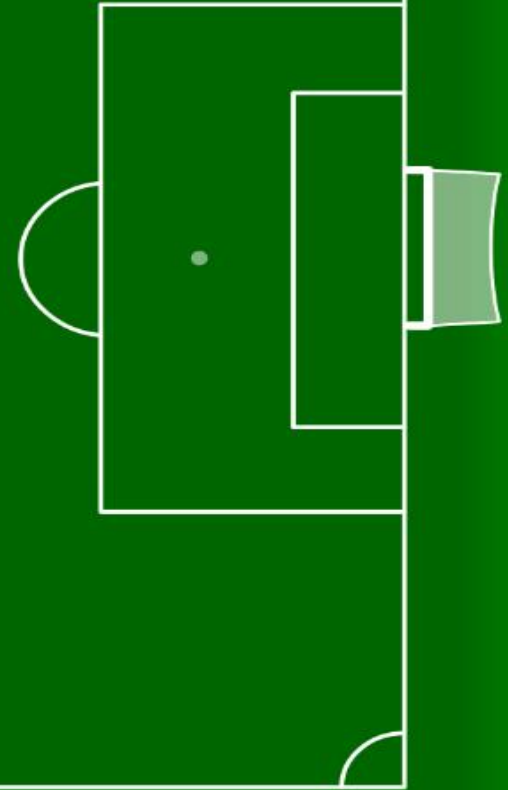
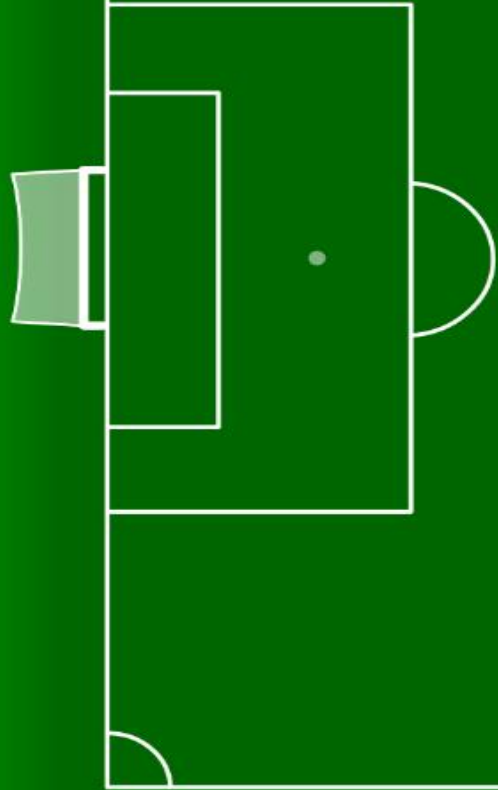
7 v 7 Pitch 2



**MATCHDAY ZONES**

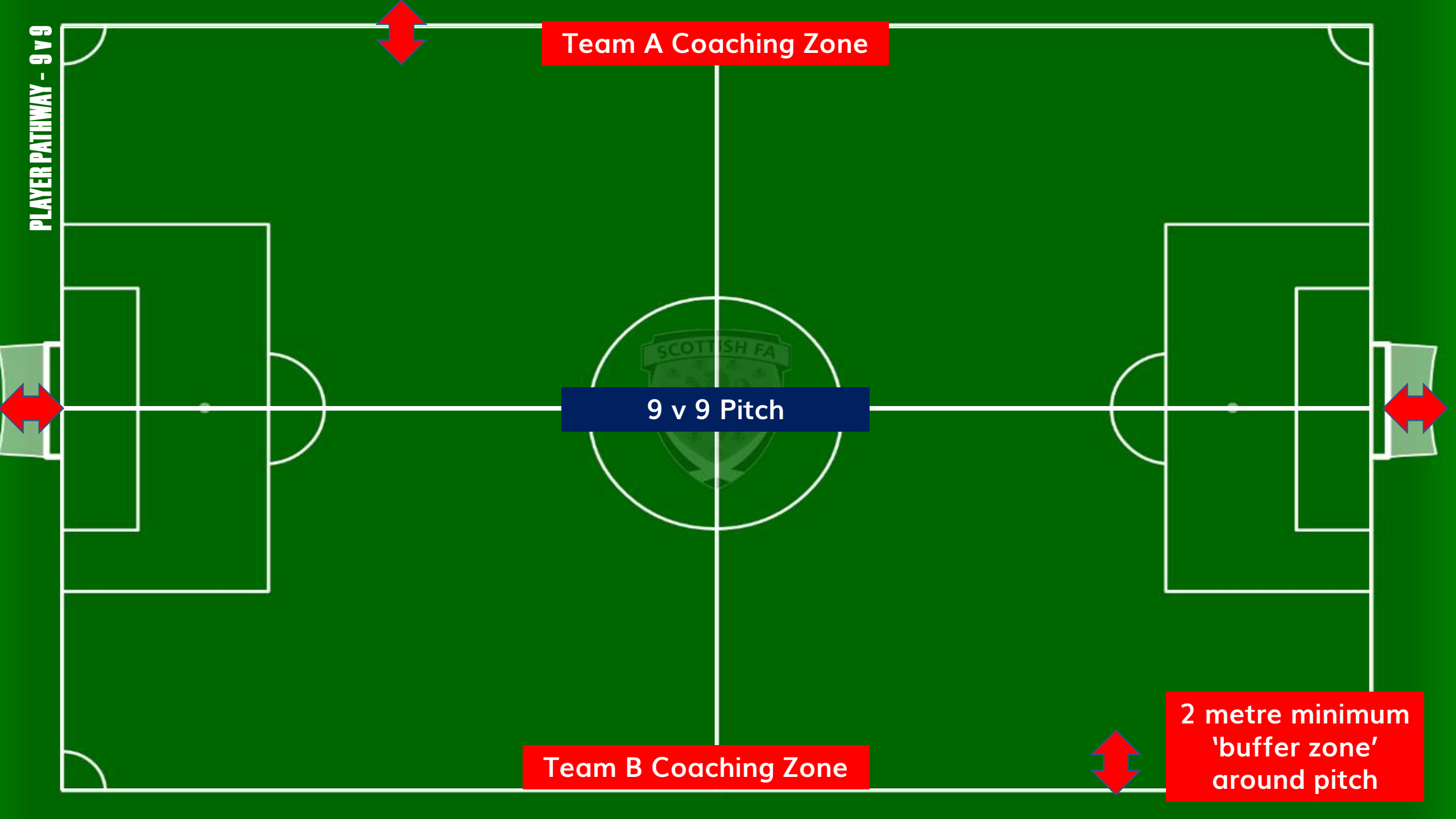
**7v7  
ACCESS**

**PLEASE RETAIN 2M  
PHYSICAL DISTANCE  
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LEAVING THE  
FACILITY**



# PLAYER PATHWAY STAGE - 9 v 9 MATCHDAY CHECKLIST

- 9 v 9 activity is limited to 2 participating clubs at this stage.
- 18 players, coaches or official per team = 36 per match.
- + 1 Match Official.
- Total Match Headcount = Should not exceed 38.
- The total numbers of substitutes will be dependent on individual ANA or League Association rules/guidelines.
- All coaches must remain with designated Coaching Zones.
- To promote physical distancing, we recommend, where possible, that the technical areas be positioned on opposite touchlines at the halfway line.



PLAYER PATHWAY - 9 v 9

Team A Coaching Zone

9 v 9 Pitch

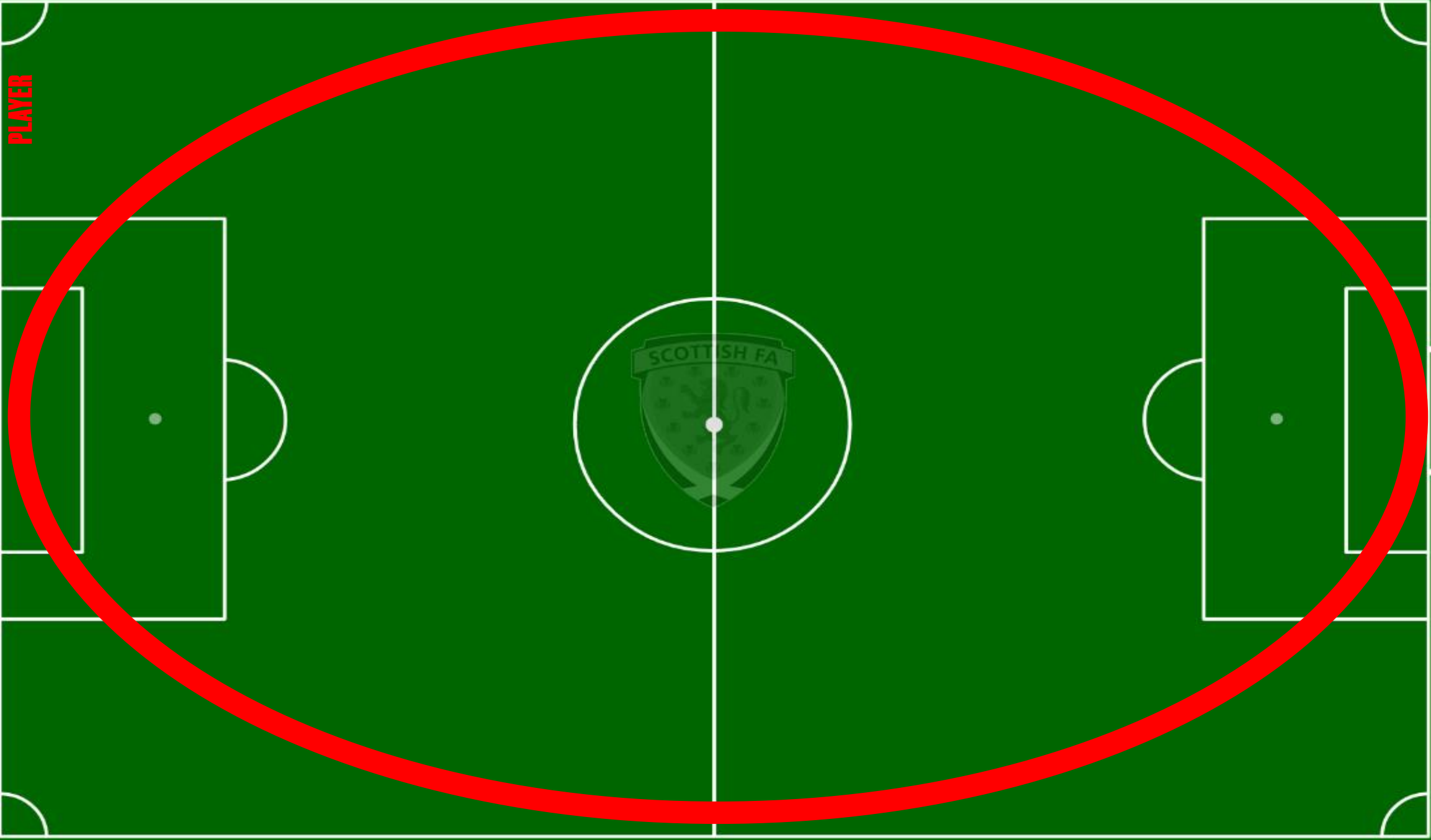
Team B Coaching Zone

2 metre minimum 'buffer zone' around pitch



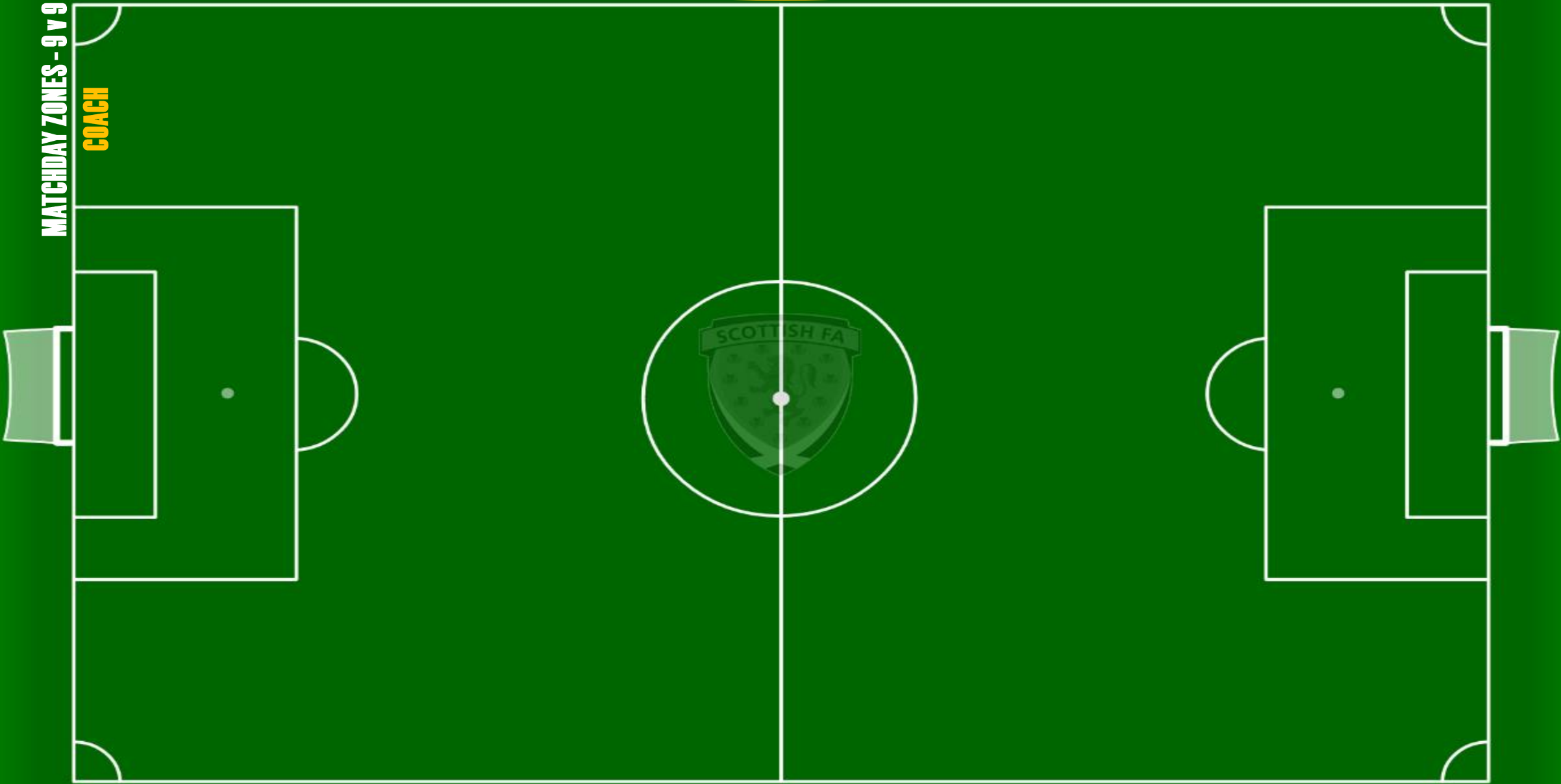
**MATCHDAY ZONES - 9 v 9**

**PLAYER**



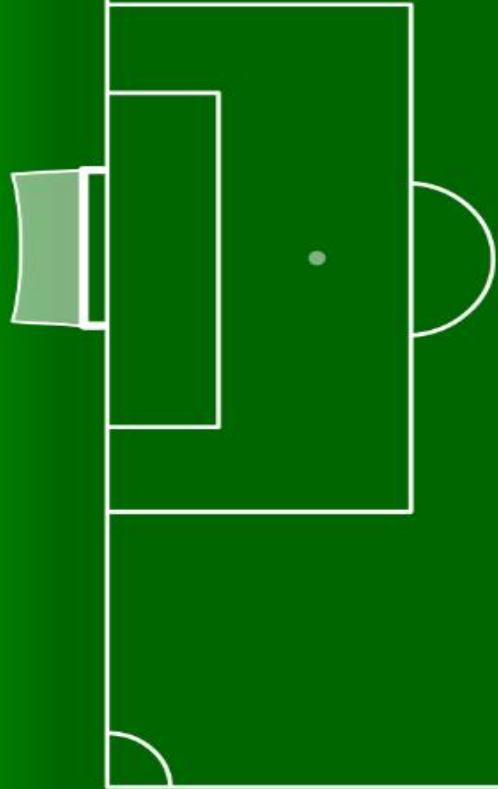
**MATCHDAY ZONES - 9 v 9**

**COACH**

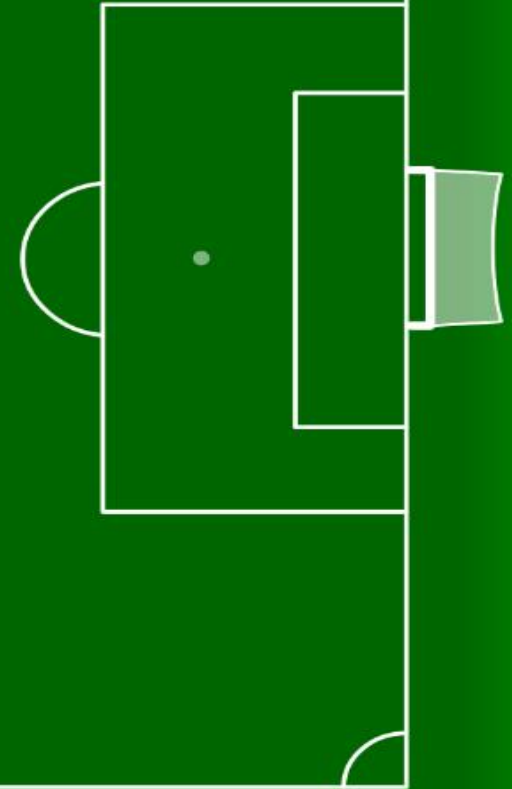


**MATCHDAY ZONES**

**9 v 9  
ACCESS**



**PLEASE RETAIN 2M  
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LEAVING THE  
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# PLAYER PATHWAY STAGE – 11 v 11 MATCHDAY CHECKLIST

- 11 v 11 activity is limited to 2 participating clubs at this stage.
- 20 players, coaches or officials per team = 40 per match.
- + 1 Match Official.
- Total Match Headcount = Should not exceed 41.
- The total numbers of substitutes will be dependent on individual ANA or League Association rules/guidelines.
- All coaches must remain within designated Coaching Zones.
- To promote physical distancing, we recommend, where possible, that the technical areas be positioned on opposite touchlines at the halfway line.



Team A Coaching Zone

Warm Up Area  
Match Officials  
11 v 11 Pitch  
Match Officials  
Warm Up Area

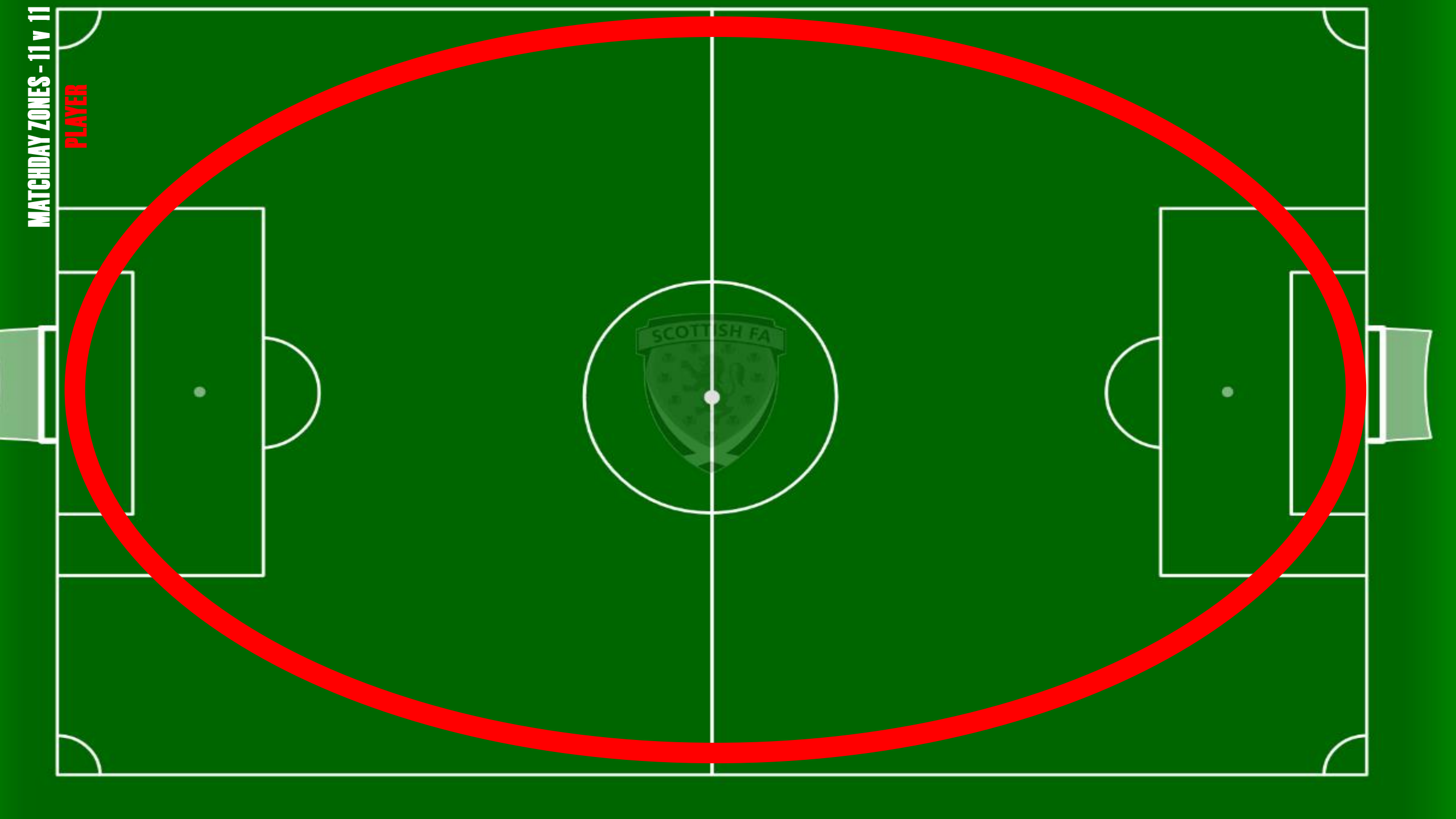
Team B Coaching Zone

2 metre minimum 'buffer zone' around pitch

PLAYER PATHWAY - 11 v 11

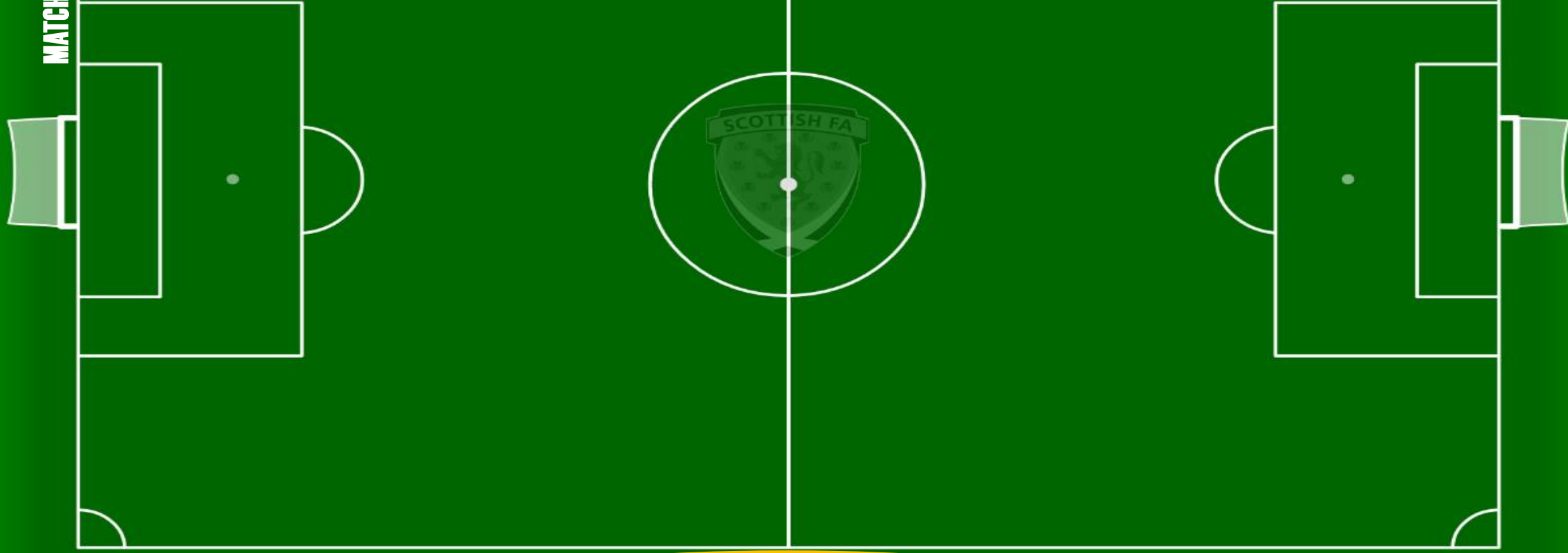
**MATCHDAY ZONES - 11 v 11**

**PLAYER**



**MATCHDAY ZONES - 11 v 11**

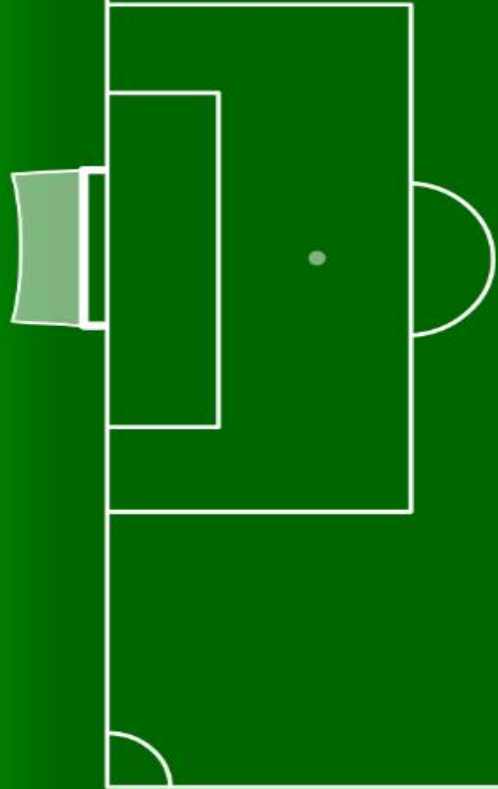
**COACH**



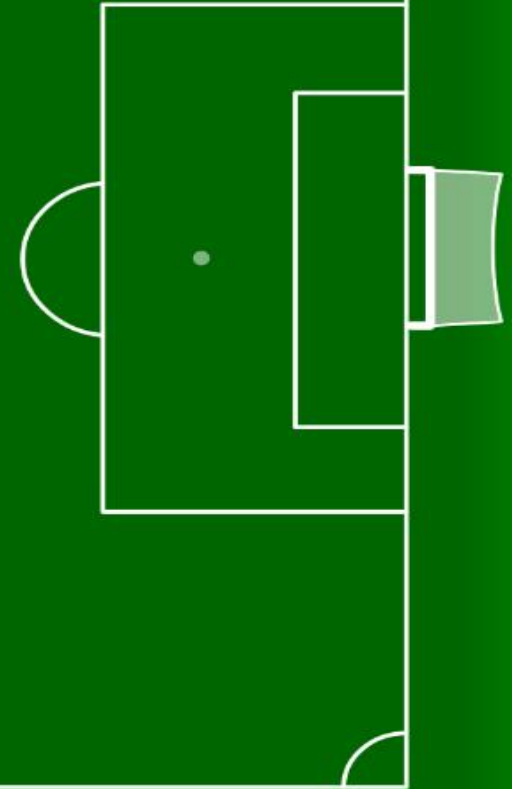
**MATCHDAY ZONES**

**11 v 11**

**ACCESS**



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LEAVING THE  
FACILITY**







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