



BERMUDA FOOTBALL ASSOCIATION

P O Box HM 745
Hamilton HM CX
Fax: 441-295-0773

Tel: 441-295-2199

www.bermudafa.com

Recommended Club Training Resumption Plan

(Updated January 3 2021)

The resumption of footballing activities can contribute many health, social and cultural benefits to a society emerging from the COVID-19 environment. However, all decisions about such a resumption must be made with careful reference to public health guidelines. The important guiding principle is that the resumption of footballing activities should not compromise the health of individuals or the community. Furthermore, the resumption of footballing activities should be based on objective health information to ensure that activities are conducted safely and do not risk increased COVID-19 infection or transmission rates. All training plans should align with the Sports Return to Play Guidelines issued by the Ministry of Youth and Sport. The guidelines are structured in the following phases:

Phase 1: NONE COMPETITIVE TRAINING FOR EXERCISE AND TECHNICAL DEVELOPMENT

Phase 2: TEAM TRAINING

Phase 3: COMPETITIVE TRAINING TO PREPARE FOR COMPETITION

Phase 4: RETURN TO PLAY



BERMUDA FOOTBALL ASSOCIATION

P O Box HM 745
Hamilton HM CX
Fax: 441-295-0773

Tel: 441-295-2199

www.bermudafa.com

Facility preparedness

Where appropriate the following steps should be taken to ensure the facility preparedness and sanitization:

- Deep cleaned and disinfected thoroughly
- Temperature check, wash stations, hand sanitizer and social distancing markings at facility entry points.
- Prepare an appropriate amount of pandemic prevention supplies in advance.
 - Examples include face masks, thermometers, soap liquid, cleaning and disinfectant supplies, etc.
- Bathrooms
 - New cleaning schedule in place for bathrooms.
 - The toilets will be cleaned and disinfected. According to the frequency of use and the soiled condition. Where there are multiple age groups training, the bathrooms should be cleaned between sessions
 - Toilet seats will be wiped with diluted bleach or hospital grade cleaner and wiped dry.
 - All soap and sanitizer dispensers topped and monitored regularly.
 - Physical distancing markings will be placed in and outside of bathrooms.
 - Signs on bathroom doors for limiting numbers of coaches or players in at one time.
- The training surface should be divided to limit the amount of persons in a specific area ie half field. (50x35 meters)
- Signage
 - Information & advice posters/notices displayed.
 - Social distancing measures, markings and posters put in place.
- Garbage bins will be cleaned and disinfected in a timely manner.
- Walkways to be designated and marked for one-way pedestrian traffic flow
- Maintaining doors in the open position to promote fresh air flow



BERMUDA FOOTBALL ASSOCIATION

P O Box HM 745
Hamilton HM CX
Fax: 441-295-0773

Tel: 441-295-2199

www.bermudafa.com

Health Standards & Protocols

It is recommended Coaches:

- Undergo Covid-19 testing prior to commencement of training
- Complete infection prevention and control training
- Complete a health declaration form
- Ensure that they do not attend training if ill.
 - This would include symptoms such as – a fever (temperature of 38C or 100.4F), a cough, shortness of breath or difficulty breathing, fatigue, a headache, loss of taste or smell, nausea or vomiting, diarrhea, congestion or a runny nose and a sore throat.
- If showing the symptoms of coronavirus then you must get immediate medical attention, report it to the Club Administrator and will be required to submit a health certificate before returning to training.
- Practice good hand hygiene frequently washing hands (soap and water for 20 seconds when possible, otherwise alcohol hand rub) and avoid touching mouth, nose and eyes and no spitting.
- Take attendance to assist in contact-tracing.
- Ensure that support structures are in place to address socialization and mental health needs when players return to training.
- Hold coaches' meetings via technology or in a large enough space to accommodate social distancing
- Understand the unprecedented time we are living through and want to make the resumption of training as safe, smooth, comfortable and enjoyable as possible.

It is recommended that Parents:

- Complete a health declaration form for youth players prior to return to training.
- Ensure that their players do not attend training if ill.
 - This would include symptoms such as – a fever (temperature of 38C or 100.4F), a cough, shortness of breath or difficulty breathing, fatigue, a



BERMUDA FOOTBALL ASSOCIATION

P O Box HM 745
Hamilton HM CX
Fax: 441-295-0773

Tel: 441-295-2199

www.bermudafa.com

headache, loss of taste or smell, nausea or vomiting, diarrhea, congestion or a runny nose and a sore throat.

- understand the unprecedented time we are living through and want to make the resumption of training as safe, smooth, comfortable and enjoyable as possible.

Players will:

- Have the health & physical distancing protocols explained to them on their first day back and have coaches available to answer any questions.
- Arrive to training with their own water bottled filled with enough water for the entire training session
 - No water bottles will be filled on site
- Understand the unprecedented time we are living through and want to make the resumption of training as safe, smooth, comfortable and enjoyable as possible.
- Ensure that they do not attend training if ill.
 - This would include symptoms such as – a fever (temperature of 38C or 100.4F), a cough, shortness of breath or difficulty breathing, fatigue, a headache, loss of taste or smell, nausea or vomiting, diarrhea, congestion or a runny nose and a sore throat.
- If showing the symptoms of coronavirus then you must get immediate medical attention, report it to the Club Administrator and will be required to submit a health certificate before returning to training.
- Practice good hand hygiene frequently washing hands (soap and water for 20 seconds when possible, otherwise alcohol hand rub) and avoid touching mouth, nose and eyes and no spitting.

Pick-up and drop-off routines

The following routines will be established for drop-off and pick-ups:

Drop-offs

- Players must be dropped off outside of the training area



BERMUDA FOOTBALL ASSOCIATION

P O Box HM 745
Hamilton HM CX
Fax: 441-295-0773

Tel: 441-295-2199

www.bermudafa.com

- Players and coaches must wear a mask until they have completed the health checkpoint
- Upon arrival at the health checkpoint:
 - Temperature will be taken by a contactless thermometer
 - Hands will be washed or sanitized

Pick-ups

- Exit and Pick-up should be separate from the drop off area
- Where there are multiple teams training staggered arrival and dismissal times to avoid large gatherings at the same location within the same time period.
- Players must leave the facility at their assigned time
 - No loitering by any persons will be allowed.

Outbreak Response

What happens if someone becomes unwell during the training session?

- If anyone becomes unwell with a new, continuous cough or a high temperature, or has a loss of, or change in, their normal sense of taste or smell (anosmia), they must be sent home and should seek medical advice.
- If a player is awaiting collection, they should be moved to a Quarantine Room where they can be isolated behind a closed door, depending on the age of the player and with appropriate adult supervision if required.
- If they need to go to the bathroom while waiting to be collected, they should use a separate bathroom. The bathroom should be cleaned and disinfected using standard cleaning products before being used by anyone else.
- Personal protective equipment should be worn by coaches caring for the player while they await collection.
- In an emergency, call 911 if they are seriously ill or injured or their life is at risk.
- If a member of coaches has helped someone with symptoms, they do not need to go home unless they develop symptoms themselves or the player subsequently tests positive.



BERMUDA FOOTBALL ASSOCIATION

P O Box HM 745
Hamilton HM CX
Fax: 441-295-0773

Tel: 441-295-2199

www.bermudafa.com

- They should wash their hands thoroughly for 20 seconds after any contact with someone who is unwell.
- Cleaning the affected area with disinfectant after someone with symptoms has left will reduce the risk of passing the infection on to other people.
- The applicable locations occupied by the coaches or player during the day will be sanitized.

What happens if there is a confirmed case of Covid-19 at your club?

- When a player or coach develops symptoms compatible with Covid-19, they should be sent home. They are advised to seek medical advice and self-isolate for 14 days. Their fellow household members should also self-isolate for 14 days.
- All coaches and players are encouraged to get tested in this scenario.
- Contact information should be gathered. This includes the players and coaches who may have come into contact with the person that day and the preceding 7 days.
- Where the player or coach member tests negative, they can return to training and the fellow household members can end their self-isolation.
- Where the player or coach member tests positive, the Club will:
 - Consider immediate closure consulting with the Department of Health, The Executive Committee, the Covid-19 Officer.
 - Contact-trace expeditiously and accurately to identify individuals or groups who may have been exposed.
 - Strongly recommend that all coaches and players who were in contact with the positive case self-isolate and are tested.
 - Perform a sanitizing deep clean throughout the club/training facility.
 - Consult with the Department of Health as to next steps.

Until a vaccine is developed for COVID-19, the team environment will be quite different. Every person involved in a football team or game will have a responsibility to prevent the spread of COVID-19 while ensuring continuity of learning to ensure that every player receives the same high-quality training experience.



BERMUDA FOOTBALL ASSOCIATION

P O Box HM 745
Hamilton HM CX
Fax: 441-295-0773

Tel: 441-295-2199

www.bermudafa.com

Practice Matches

The BFA recognize practice matches are an integral aspect of preseason training. It must be remembered that Bermuda is in Phase 4 of re-opening the country and gatherings of 50 or more people requires special permission from the Ministry of National Security. The bullet points below are the recommended criteria for playing of practice matches

- Teams should not mix together before or after the match
- Roster limited to 17 players
- Staff limited to 5 persons for each team
- Match officials 3
- All participants must adhere to the pre-match screening (touchless temperature check and hand sanitizing)
- Changing rooms not used
- Equipment should be thoroughly sanitized before warm-ups
- Sharing of water bottles and other personal items should be avoided

Drop-offs

- Players must be dropped off outside of the training area
- Players and coaches must wear a mask until they have completed the health checkpoint
- Upon arrival at the health checkpoint:
 - Temperature will be taken by a contactless thermometer
 - Hands will be washed or sanitized

Pick-ups

- Exit and Pick-up should be separate from the drop off area
- Where there are multiple teams training staggered arrival and dismissal times to avoid large gatherings at the same location within the same time period.
- Players must leave the facility at their assigned time
 - No loitering by any persons will be allowed.

Conclusion



BERMUDA FOOTBALL ASSOCIATION

P O Box HM 745
Hamilton HM CX
Fax: 441-295-0773

Tel: 441-295-2199

www.bermudafa.com

These recommendations are designed to assist clubs in returning to training. This is not an exhaustive list of protocols but a guide to be used and amended as required. Each club/team/training environment is unique and adjustments to the recommendations may need to be made. The BFA will also issue protocols and regulations for league play. All training plans should align with the Sports Return to Play Guidelines issued by the Ministry of Youth and Sport.