



# FC BARCELONA SOCCER CAMPS

POST COVID- 19 TRAINING PROTOCOL

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After a long stay at home term during these last months, it seems that we can finally see a little light at the end of the tunnel.

From BARÇA Academy we would like to remind everyone that COVID- 19 has not ended, we are just in a reopening phase where step by step we can come back to normality but without forgetting that our contribution and effort will make us keep fighting against this pandemic and return to our usual routines as soon as possible .

That is why, following the recommendations set by the US Government , we remember that :

***"ALL VULNERABLE INDIVIDUALS should continue to shelter in place. Members of households with vulnerable residents should be aware that by returning to work or other environments where distancing is not practical, they could carry the virus back home. Precautions should be taken to isolate from vulnerable residents . "*** (Guidelines Opening Up America Again – Whitehouse. gov )

# POST COVID- 19 TRAINING PROTOCOL

Also , we would like to remind that we must keep following all the mandatory rules :

- **CONTINUE TO PRACTICE GOOD HYGIENE :**

- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces .
- Avoid touching your face .
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible .
- Strongly consider using face coverings while in public, and particularly when using mass transit .

- **PEOPLE WHO FEEL SICK SHOULD STAY HOME :**

- Do not go to work or school.
- Contact and follow the advice of your medical provider .

# POST COVID- 19 TRAINING PROTOCOL

According to those Guidelines, we have created an Internal Protocol in order to be able to come back to training with some safety measures that we all SHOULD COMPLY .

- **Reduce the number of players** and coaches in a field to a **maximum of 60** (4 groups of 15 + coach) with the aim of maximize social distancing.
- **Adjust the schedules and activities** such us avoiding group picture or video sessions.
- Add **new rules** for **players, coaches** and **parents** for before, during and after the Training Sessions .
- **Redesign** and prioritize types of **trainings** where **safety distances will be appropriate**, avoiding disputed opposition games .

# POST COVID- 19 TRAINING PROTOCOL



FIELD DISTRIBUTION



DATES & SCHEDULES



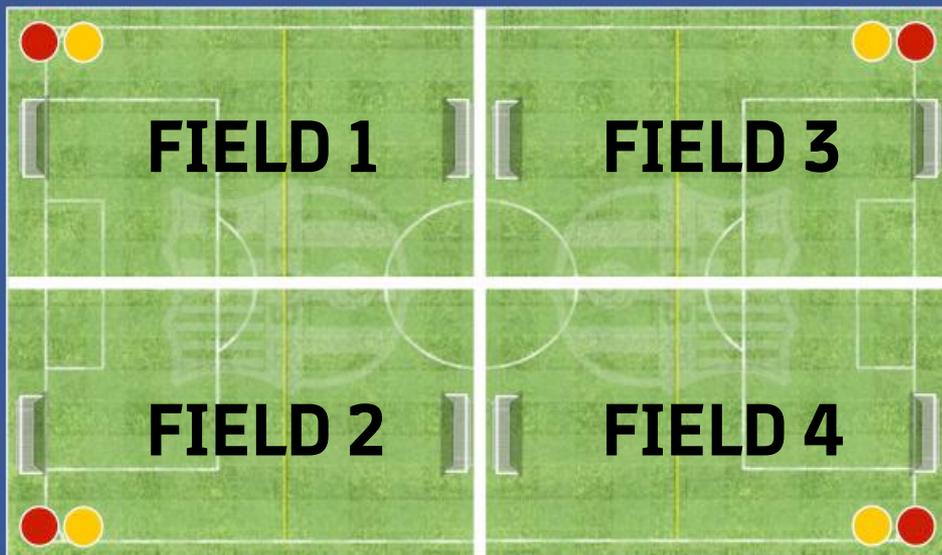
MANDATORY RULES



TRAINING SESSIONS

# 1. FIELD DISTRIBUTION

- With the main objective of maximize Social Distancing we will be **reducing the number of players** and coaches in a field to a **maximum of 60** (4 groups of 15 + coaches).
- We will divide the full- size soccer field in **4 Training sub - spaces** where there will be a group of 10- 15 people in each.
- **This group of players will never be mixed with other groups during the week.**



**HAND SANITIZER POINT:** We will provide 4 Hand Sanitizer Points (one per field).

**MEETING AND DELIVERING POINT:** As we will explain at the facility, we will eventually change the meeting and delivery point considering the structure of each facility.

## 2. SCHEDULES



In order to comply with the necessary safety standards and create the healthiest environment possible, we may change the date or adjust the schedule of the camp.

### 3. MANDATORY RULES - Players

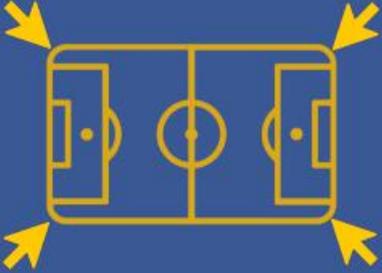
In order to comply with the necessary safety standards and create the healthiest environment possible, we have established the following considerations to which we must abide :

#### PLAYERS :

			
<p>A maximum of 15 players + coach per training group will be allowed, maximizing safety distances.</p>	<p>In case that the player or their relatives notice any symptoms or feel sick, you should not go to training.</p>	<p>Players and parents are recommended to check their temperatures before and after participating in training.</p>	<p>Players must arrive 5 minutes before the Training Session. We will assign your team via e-mail days before the camp starts.</p>

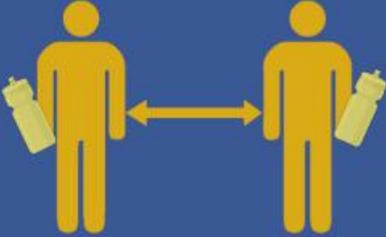
# 3. MANDATORY RULES - Players

## PLAYERS :

			
<p>The entrance and exit to the training field will be through the already established areas as Meeting Point and Delivery Point, eventually being these in the corresponding training field.</p>	<p>Before training, on arrival, the player must wash their hands at the established Hand Sanitizer Point.</p>	<p>We should discourage physical contact with others; therefore we will avoid shaking hands, affection gestures towards other players or coaches (we know that we have not seen each other for a long time but we must be aware of the reality of the situation).</p>	<p>Each player will have their own water bottle and it is strictly forbidden to share it. Avoid common plastic bottles to avoid confusion.</p>

# 3. MANDATORY RULES - Players

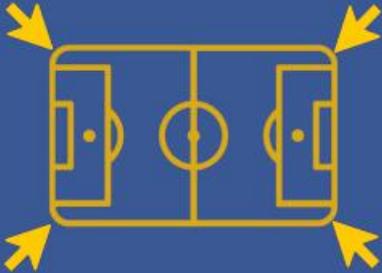
## PLAYERS :

			
<p>During Water Breaks, players will maintain a safe distance between them.</p>	<p>The use of a mask and gloves will be optional, in case of not doing so, it is not recommended to touch the ball with your hands. Are we able to use only the feet? This can make us improve our ball control.</p>	<p>Spitting is prohibited, either in the air or on the ground.</p>	<p>In case a player or a close relative has been infected during this period, a medical certificate will be requested as to whether the player is fit for sports practice.</p>

# 3. MANDATORY RULES - Parents

On the same page, PARENTS or GUARDIANS bringing the players to the Training Session must also comply with some rules :

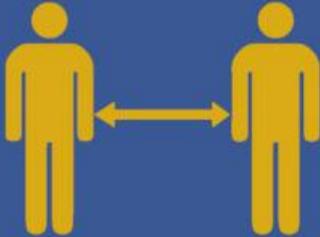
## PARENTS :

			
<p>Delivering and picking up the players will be through the already established points, eventually being these in the corresponding training field corners.</p>	<p>We are so happy to see all of you, but we will say hi in the distance, avoiding shaking hands.</p>	<p>Once you bring the player you cannot stay in the field. You are able to follow the Training Session from the car or leave your kid there and pick up them later.</p>	<p>If you want to talk with the Technical Director or the Camp Director, let them know and they will find space during the day in a safe place.</p>

# 3. MANDATORY RULES - Coaches

Our coaches will also be ready to be with your kids , complying with their safety rules :

## COACHES :

			
<p>Face masks and safety gloves will be mandatory.</p>	<p>All the coaches will pass through a Temperature Check before the Training Session.</p>	<p>When training, coaches will maintain a security social distance with players (Explaining, giving feedback...).</p>	<p>Know and take care about all the training protocol and methodological guidelines in order to guarantee a safe environment.</p>

# 4 . TRAINING SESSIONS

From the technical side, aware of the importance that it has in creating a safe environment, we are also considering some guidelines for the training sessions .

We will **redesign** our drills and prioritize types of **trainings** where **safety distances will be appropriate**, as well as take care of the necessities of all the material that players are using in each training session (disinfect).

## 1 . SESSION PROPOSAL :

We are proposing trainings where there won't be contact between players, avoiding disputed opposition games :

1. **Individual game** : Games in which the player interacts only with her own ball . (Individual challenges, circuits, ... ) .
2. **Cooperation game** : Games in which a group of players will share a ball, through which they must achieve a common goal .  
(Coordinative games, passing games, ... ) .
3. **Cooperation - opposition game in non - shared space** : Procedures where players will play a cooperation game with a team in opposition but always occupying their own spaces and without dispute . There won't be shared spaces for different players .  
(Rondo with spaces, Possession-Position games with zones by players, ... ) .

# 4 . TRAINING SESSIONS

## 2. METHODOLOGICAL GUIDELINES :

Along with the session, the coaches will follow some methodological advice to ensure a safe environment during Training time :

- Not to shake hands with players .
- Games explanations with players already placed in the field maintaining a safety social distance .
- Coach is the only responsible of moving and setting up the material, players should avoid touching cones, goals, ...
- Do not share bibs between players . We will minimize the use of them, but in case we need bibs, those ones used will go back directly to the bag .

## 3 . MATERIAL CARE :

At the end of each training session, we will take care of the necessities of the material .

- Bibs will be washed in order to have them clean and disinfected .
- Cones and balls will be disinfected with the aim of have them ready to the next day.



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