



**ALL INDIA  
FOOTBALL FEDERATION**

**GUIDELINES FOR RESUMING  
COACHING COURSES  
POST COVID-19 PANDEMIC**



**COACH EDUCATION DEPARTMENT  
AIFF, NEW DELHI, INDIA**



# What is Covid-19?

**COVID-19 is a disease caused by the virus strain “severe acute respiratory syndrome corona virus 2 (SARS-CoV-2)”.**

**Common symptoms include:**

- **Fever**
- **Dry cough**
- **Breathing difficulty**
- **Some patients also have aches and pains, nasal congestion, runny nose, sore throat, diarrhea, vomiting or a new loss of taste or smell.**

**About 80% of confirmed cases recover from the disease without any serious complications. However, one out of every six people who gets COVID-19 can become seriously ill and develop difficulty in breathing. In more severe cases, infection can cause severe pneumonia and other complications which can be treated only at higher level facilities. In a few cases it may even cause death.**

**COVID-19 spreads mainly by droplets produced as a result of coughing or sneezing of a COVID-19 infected person. This can happen in two ways:**

- **Direct close contact: one can get the infection by being in close contact with COVID-19 patients (within one meter of the infected person), especially if they do not cover their face when coughing or sneezing.**
- **Indirect contact: one can also get infected by touching any infected surface or cloth and then touching one’s mouth, nose or eyes.**

**The incubation period of COVID-19 (time between getting the infection and showing symptoms) is 1 to 14 days. Some people with the infection, but without any serious symptoms can also spread the disease.**

**There is currently no vaccine to prevent COVID-19.**

**The best way to prevent the disease is to avoid getting exposed to the virus.**



# “The New Normal”

In the absence of a vaccine, the following protocols need to be kept in mind when planning any footballing activities.

## 1. Personal Hygiene:

- Increase the frequency of hand washing with soap or hand sanitizer (with at least 70% Ethyl alcohol) in conjunction with regular disinfection of heavily used areas and surface – both at the place of stay and the training areas.
- Avoid touching high-contact surface such as door handles, lift buttons, stair/escalator railings, walls or windows etc....
- Do not share water bottles or drink water from someone else bottles
- Cover your mouth with a tissue paper when coughing or sneezing (kindly dispose that tissue in a sealed dust-bin).
- Spitting should be avoided, as the main mode of transmission of the virus is in the respiratory secretions.
- Use of surgical face masks (covering the nose and mouth properly) to Prevent contagion and the spread of the disease.





# Technique to Wash Hands!



## Hand-washing technique with soap and water



1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



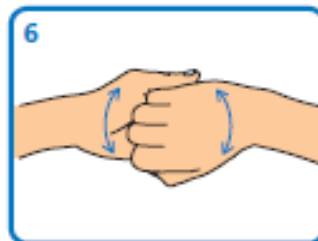
3 Rub hands palm to palm



4 Rub back of each hand with palm of other hand with fingers interlaced



5 Rub palm to palm with fingers interlaced



6 Rub with back of fingers to opposing palms with fingers interlocked



7 Rub each thumb clasped in opposite hand using a rotational movement



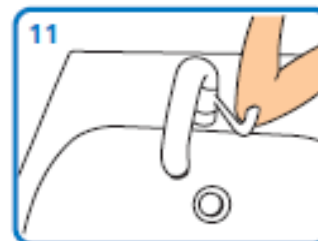
8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with opposite hand



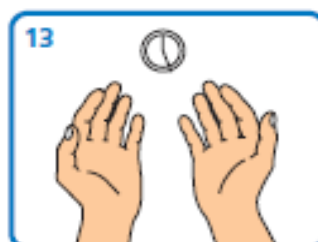
10 Rinse hands with water



11 Use elbow to turn off tap



12 Dry thoroughly with a single-use towel



13 Hand washing should take 15-30 seconds



# The Method to Wear a Mask!

## HOW TO WEAR A MEDICAL MASK SAFELY

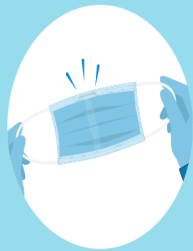
### Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



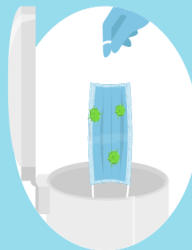
Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

**Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.**

[who.int/epi-win](https://www.who.int/epi-win)



World Health Organization



## **RESPONSIBILITIES OF STAKE HOLDERS IN ORGANISING COURSES (THEORY CLASS)**

- **COVID 19 RT-PCR TEST** to be done and report should be submitted to the organisers / Coordinators before the course. Test need to be conducted 72 hours before arriving at the course facility.
- One or two coordinators to be present always, to guide and remind the protocols to be followed.
- Digital gun thermometer compulsory to check Coach Educators / Student Coaches / Players / Staff as they enter the facility regularly.
- Oximeter to check Oxygen levels.
- Foot pump sanitizer stand with sanitizer at the entrance of the facility and at the door of the theory room.
- Theory room to be big enough to accommodate 26 / 32 participants.
- Thoroughly sanitization of the entire area has to be done before participants enter the theory class and after each session is completed. This practice to be followed daily and if it can be done by professionals.
- Enough space between tables maintaining social distance, preferably one student coach on one table.
- Washrooms to be kept clean and sanitized at all times. Liquid soap compulsory in washrooms with adequate tissue paper.
- Keep disposable masks handy if coaches / candidates forget or lose their masks.
- Distribute SOP to all candidates / staff etc.
- Stick SOP and other messages (“WEAR MASK”, “WASH HANDS” etc.) all over (Theory / Dressing / Wash rooms entrance to the pitch etc.)
- Check Temperature of the Candidates / Players / Staff / Coaches / Educators every time they enter the facility (Theory / Practical etc.)



## **RESPONSIBILITIES OF STUDENT COACHES ATTENDING THE COURSES (THEORY CLASS)**

- Have to be responsible for their own safety and that of the others. Have to immediately bring to the notice of the Coordinator or the Coach Educator if any symptoms or feel unwell.
- Each student coach to carry his / her own sanitizer and hand towel every time.
- Water bottle for refill. Each student coach to carry his / her own bottle with respective name. No plastic bottles allowed and no sharing of water from the same bottles.
- If student coaches can carry a (Thermos Flask) to carry hot / warm water to drink.
- Masks compulsory to enter the facility, during theory sessions and when answering exams.
- During breaks, social distancing to be maintained and masks to be on at all times.
- No Hand Shakes, Hi 5's or Hugs will be allowed during the duration of the course with anyone.

## **RESPONSIBILITIES OF STAKE HOLDER ORGANISING COURSES (DURING ALL MEALS)**

- Paper cups and paper plates to be used for breakfast, lunch, dinner and snacks if provided by organisers.
- Disposable cutlery to be used.
- People serving food have to compulsory wear a cap, mask and gloves while serving.
- If accommodation is provided by the organisers, proper care to be taken for providing clean bedsheets, change of towels regularly, clean toilets with adequate liquid soap.
- Foot pedal sanitizers compulsory at the entrance of the facility. One dedicated coordinator at the entrance to make sure that every person who enters the facility get sanitized.



## **RESPONSIBILITIES OF STAKE HOLDER PHYSIOS / STUDENT COACHES / STAFF / CED**

- All physiotherapy / massage shall be avoided unless absolutely necessary. In case physiotherapy is deemed necessary, the following shall be exercised.
- Student coaches / players must take a proper shower before the physiotherapy or massage session.
- Student coaches / players to be treated in a well spacious ventilated rooms.
- Physio should use disposable gloves at all the time.
- Both physio and the injured player shall sanitize hands prior to attending / treating and after the treatment is done.
- Both physio and student coach / player should wear facial masks during the treatment.
- Physio shall use disposable gloves , discarding them every time after each therapy session.
- Physio should take precautions not to touch eyes, nose, and mouth of the player.
- Medical room if provided in the course for any treatment should be well sanitized every day and after every treatment of student coach and player.





## **RESPONSIBILITIES OF STAKE HOLDER STUDENT COACHES FOR TRAINING SESSIONS**

- **Foot pump sanitizer made available on the field, to perform hand hygiene before, during and after use of all training equipment.**
- **Maintain social distancing during Warm-ups / cool-downs.**
- **No children below the age of 14 will be allowed for any session till further notice.**
- **Social distancing to be maintained at all times.**
- **No mask required when participant is physically taking part in the session. Once off the field, mask will be compulsory.**
- **Changing rooms to be thoroughly disinfected before and after the session.**
- **Dedicated person to get the equipment on the field and to take it back to the room.**
- **Participants cannot exchange bibs once worn. So, will need at least 4 sets of bibs of different colors, different than the color of the training kit given.**
- **Compulsory washing of bibs after every session.**
- **Any other equipment besides footballs needed for the session to be handled only by the kit man.**
- **Participants not to handle the ball during training sessions, especially if the ball is out of the playing area, try to get it back by playing with feet rather than holding it in the hand.**
- **Spitting is prohibited on the pitch. If anybody found spitting will be Fined – Rs.100/- for every offence.**
- **Each student coach has to carry his own water bottle, no plastic bottles allowed and no sharing of water allowed from the same bottle.**
- **No Hand Shakes, Hi 5's or Hugs will be allowed during the duration of the course with anyone.**



## RESPONSIBILITIES OF THE STUDENT COACHES AFTER TRAINING SESSIONS

- Post completion of the session, participants should leave the field / venue as soon as possible, and take necessary precautions for safety.
- Personal equipment and kit to be thoroughly cleaned and disinfected after every session.

IN CASE IF ANY STUDENT COACH IS FOUND OR HAS SYMPTOMS OF COVID-19 POSITIVE DURING THE ONGOING COURSE, THEN HE / SHE WILL BE ASKED TO QUARANTINE HIMSELF / HERSELF AND WILL NOT BE ALLOWED TO CONTINUE THE COURSE ALONG WITH OTHER STUDENT COACHES. (HIS / HER AIFF COURSE FEE CAN BE ADJUSTED IN HIS / HER NEXT ATTEMPT FOR THE SAME COURSE IN FUTURE)

# THANK YOU

## STAY SAFE – STAY POSITIVE