



**NFA  
TECHNICAL  
AREA**

# **CLUB COVID CARE TOOLKIT**

**SUPPORT FOR DURING & POST LOCKDOWN 3.0**



# HELPING YOU TO SUPPORT & ENGAGE THROUGH LOCKDOWN

We know that current lockdown and shut down of all football activity is a source of frustration for managers, players and parents alike. Whilst we are in this period of inactivity we are keen to offer our clubs some support and ideas in keeping their players engaged with football, and the club.

We want to ensure that supporting children's mental wellbeing during this period and when we return to football is a key priority, so to help you we've put together lots of ideas in this booklet that you may want to use to make sure the lockdown, and the subsequent return to football, whenever that may be, is a physically & mentally healthy one.

If you have any questions, comments or queries about anything in this booklet, or any concerns during this period, the NFA Safeguarding team are happy to help and can be contacted using the below details.



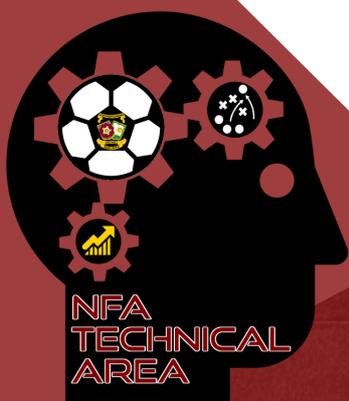
**Raffi Coverdale**

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# RESOURCE 1 - LOOKING AFTER NO.1

This resource is aimed at helping children create their own self-care plan for this period of lockdown.

We have provided a range of activities designed to help children identify strategies that help them should they start to feel low or anxious. The resource also signposts them and their families to additional support should they require it.

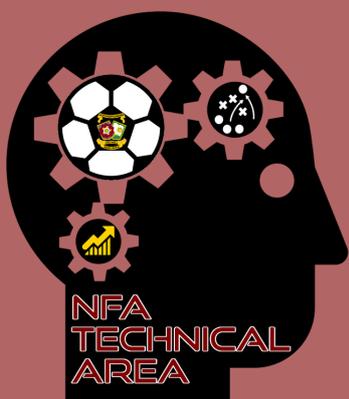
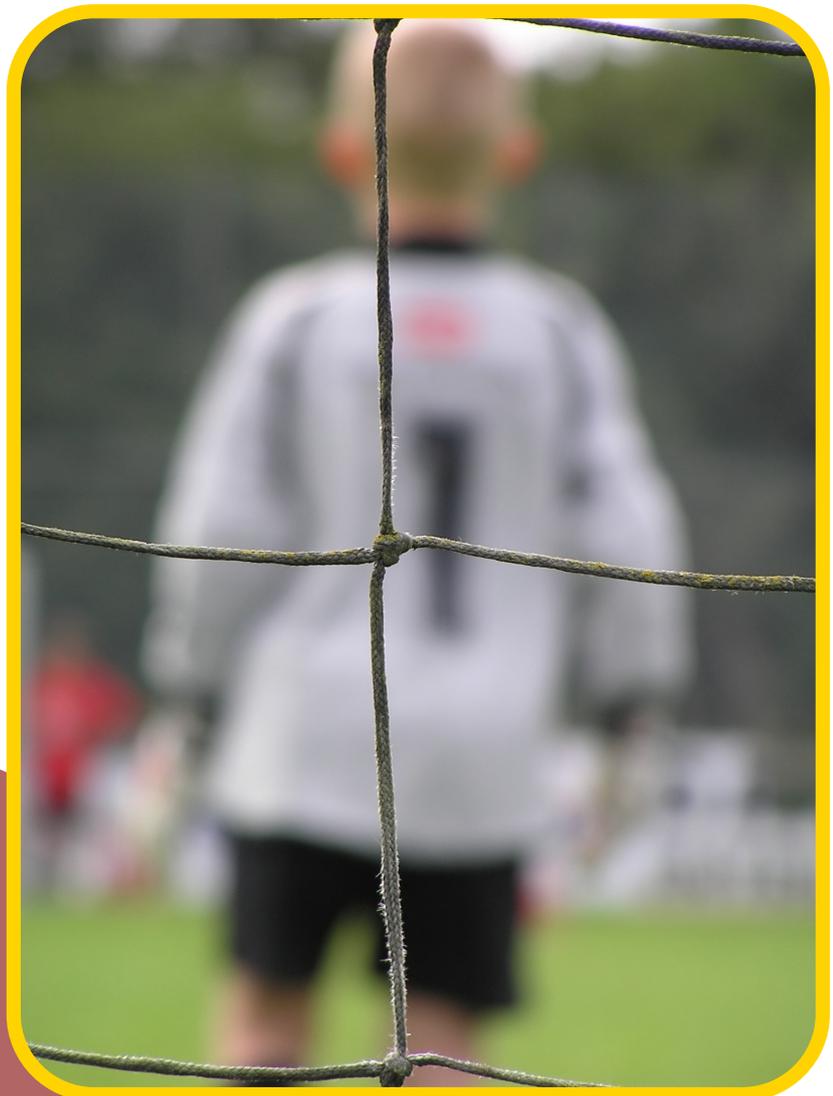
## Using this resource

This resource is designed for:

- children aged 4 to 11
- use by individual children during the lockdown period

The resource can be downloaded at the link here

If you would like the NFA to personalise this document with your Club logo, please do send us a copy of your club logo to [info@northantsfa.com](mailto:info@northantsfa.com) and we will be happy to do this for you.



## RESOURCE 2 - FOOTBALL'S COMING BACK

Children may have lots of different feelings about returning to football after lockdown. It's important that we consider these feelings ourselves when considering our expectations of Children who are returning to football after a long period of inactivity. It's also important that we help the children explore these feelings and highlight anything that they're worried about.

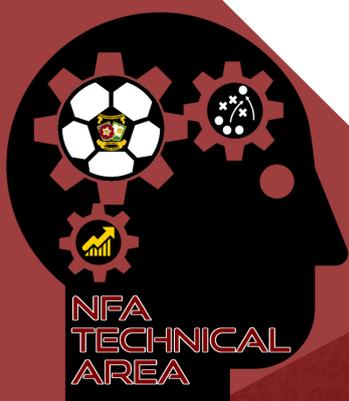
Find ways they can cope with their worries by using the Golden Rules for Choosing a Good Solution.

With this resource it's important to remember that we can change the situation which worries the child by doing something a bit different. Eg. if they are concerned about fitness levels or their ability when they return, deliberately making sessions a bit less demanding for the first couple of sessions will ease them back in.

If we can't change the situation, such as the possibility of losing matches, we have to accept this and focus on finding a way to make us feel better if this does happen.

This resource can be found at the link here.

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# RESOURCE 3 - LETTING GO & FUTURE PLANS

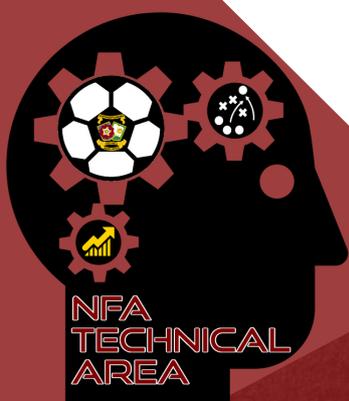
There are lots of things that we haven't been able to do due to coronavirus - see friends, hug a grandparent, go shopping or visit a favourite cafe.

Using these activities we can encourage children to accept and let go of the things they have missed out on due to the lockdown, and look forward to things they can do in the future.

Remember, with this activity we don't have to limit ourselves to football examples, the children will probably have many wide ranging examples, and this should certainly be encouraged!

When doing this activity it is important to spend a good amount of time talking about all of the things they have to look forward to in the near future. Their drawings and ideas in this section can even be stuck on the fridge or in their room somewhere to remind them of all the good things coming up, and they can even add to this list at any time!

This resource can be found at the link [here](#).



# RESOURCE 4 - YOUTH VOICES IN LOCKDOWN

This resource is aimed at helping clubs engage with all under 18's in their teams. This resource can be simply circulated to players, or clubs can look to engage with their players via zoom or other platforms, and plan a more interactive session to get the information. If clubs would like to explore an interactive delivery of this resource and would like further support, please do contact the NFA and we will be happy to help and advise.

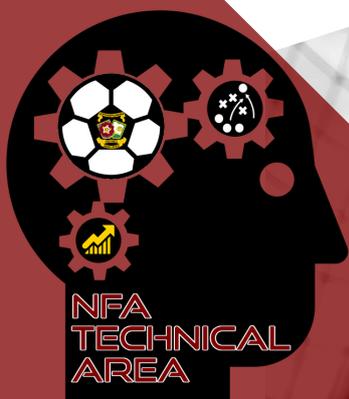
It is clear that lockdown has thrown young people a massive curve ball.

They miss their freedom, they miss their football, they miss their friends and they hate being stuck inside.

We often characterise young people as those most comfortable with living virtually and engaging with their friends on social media, but it is important that we ask the question in this resource, as other research indicates that young people hugely value the physical presence of others and the hugs from family and friends.

[As an extension to this, please take the time to watch & share with you coaches this insightful video about the impact of lockdown on young people.](#)

This resource can be found at the link here.



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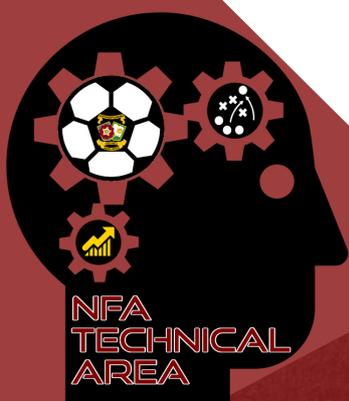
# RESOURCE 5 - SUPPORTING THE RETURN TO FOOTBALL

This is a resource that can be shared with parents & coaches in preparation for the return to football. Obviously we have no indications of when we will be allowed to play football again, but our focus has to be on preparing children adequately for this, whenever it does happen.

There will be some apprehension or anxiety children may experience and this resource is aimed at helping parents and coaches deal with this.

This resource can be found at the link here.

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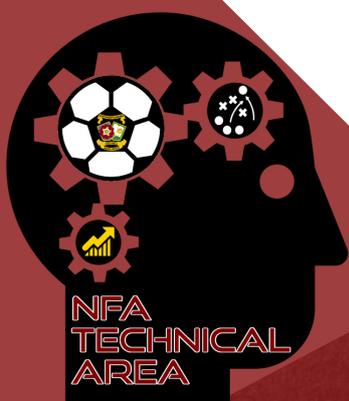
# RESOURCE 6- QUESTIONS TO CONSIDER WHEN RETURNING TO FOOTBALL

This is a resource that is aimed at clubs and coaches to ensure they are thinking about the right things when the time comes to return to football.

We have been through this before, so we will likely be more prepared and understand what is in store, however it is still important to ensure we have planned thoroughly for the resumption to ensure the safety of everyone at our club.

This resource can be found at the link here.

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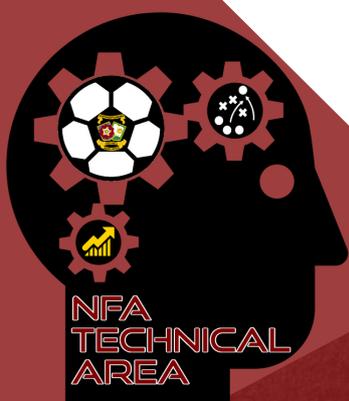


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# RESOURCE 7- PROMOTING GOOD MENTAL HEALTH THROUGH COACHING

Football coaches play a key role in supporting people to maintain their mental health through activity. This is an extremely important role, and one that can have long lasting positive effects on people, or, long lasting negative effects on people if things aren't done properly.

[Please take the time to watch and share the video found here with all coaches within your club.](#)



# OTHER RESOURCES & SUPPORT

We know that current lockdown and shut down of all football activity is a source of frustration for managers, players and parents alike. Whilst we are in this period of inactivity we are keen to offer our clubs some support and ideas in keeping their players engaged with football, and the club.

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Further information and resources can be found at the below:

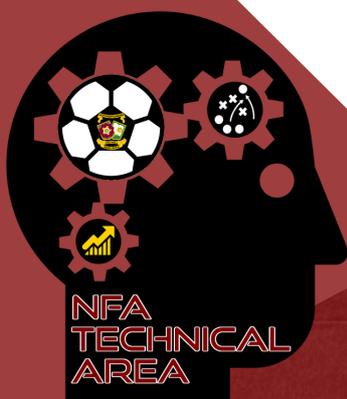
<https://thecpsu.org.uk/news/2020-04-coronavirus-covid-19-and-safeguarding-in-sport/>

<https://www.partnershipforchildren.org.uk/>

<https://www.annafreud.org/schools-and-colleges/>

<https://nationalonlinesafety.com/guides>

<https://www.teamgrassroots.co.uk/lockdown-activities/>



# OTHER RESOURCES & SUPPORT

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**NSPCC**

**0808 800 5000**

**help@nspcc.org.uk**

**Childline**

**0800 1111**

**email | online chat**

**Emergency**

**Services**

**Call: 999**

**The FA**

**safeguarding@thefa.com**

**League Welfare  
Officer**

**Every Youth League has it's own Welfare Officer who is responsible for making sure all players are safe. If you don't know who that person is, you can contact us on the above details and we will be happy to let you know!**

