

Guidelines to help run your own church Football Camp this Easter Holidays

Purpose

From Monday 29th March, grassroots sport can return. While indoor events are not yet possible, outdoor events are. This gives churches a wonderful opportunity to put on much-needed community activities.

The purpose of this guide is to give you and your church a basis for organising a Football Camp of up to three days that falls in line with current FA and government guidelines. This will allow you to run a safe and exciting session.

These are guidelines and Ambassadors Football can take no responsibility for any activities that are run outside approved Ambassadors Camps. If you do have any questions please do get in touch at rtaylor@ambassadorsfootball.org.

Current Guidelines

A summary of key points to consider are listed below: For further detailed information we recommend that you read the [FA guidance](#). This was correct at time of publishing, please check for updates.

- Everyone should self-assess for COVID-19 symptoms before every training session or match. If you are symptomatic or living in a household with possible or actual COVID-19 infection you must not participate or attend.
- Clubs and facility providers should ensure that their facility is compliant with current Government legislation and guidance related to COVID-19.
- Competitive match play is permitted, with social distancing in place before and after the match, and in any breaks in play.
- Players and officials should sanitise hands before and after a game as well as scheduled breaks throughout a game or training session.
- Ball handling should be kept to a minimum with most contact via a boot and the ball disinfected in breaks of play.
- Youth football coaches are encouraged to limit persistent proximity of participants during match play and training.
- Equipment should not be shared, and goalkeepers should ensure they disinfect their gloves regularly in breaks in training or matches and thoroughly afterwards. Where possible, coaches should only handle equipment in training.



The FA also has a COVID-specific risk assessment which can be downloaded for free.

What you need to think about

With restrictions in place, it is important that you think about the following elements before running your football session.

Insurance: Make sure you have the correct insurance in place. Does your current church insurance cover you to run an event like this? Your local FA provides insurance for grassroots football clubs. They can direct you further if needed.

Covid-19 Officer: It is recommended that a Covid-19 officer should be in place and it is their job to run a thorough risk assessment before any activity takes place. They should follow the current NHS test and trace protocols.

Indoor football is still not permitted under current government guidelines.

Private Facilities: Can reopen if those responsible for them are ready to do so and they can do so safely, following COVID- 19 Guidelines. Please make sure any private facility you use has a risk assessment and is following all the guidelines in place. Changing rooms cannot yet be used.

Public Parks: If you decided to use a public park, we recommend that you first get permission from the council beforehand so you are fully aware of any restrictions that they may have in place. It is also especially important when using a public park to think about the following:

- Timings: Use the park when it is less busy.
- Location – Where is the best place for you to set up that avoids crowds and allows easy access for parents/carers dropping of the children?
- Entry and exit: How are the children going to arrive and leave, is this well sign posted?
- Space: Do you have enough room to run your session safely? Knowing how much space you have, how many children can you realistically have?
- When the children arrive and leave, they will need to sanitise their hands. Where can they do that?

Equipment: The activities require minimal equipment – just enough balls for one each, and a way of marking the space (eg: cones). If you don't have goals you can always use natural markers like trees, or use clothing. It is encouraged that football equipment is cleaned after each session.

Participants should **bring their own drinks and refreshments** in clearly labelled containers.

Volunteers: People from the church with a heart to reach out into their community. If you have anyone with experience of coaching and/or coaching qualifications, even better! Try to maintain a ratio of around 1 leader to every 8-10 children. Make sure you have recruited your leaders & helpers in line with your church's safeguarding policy. Also, get as many people as possible from the church to pray for the event.

Prizes, medals and certificates: Children love prizes and medals, we recommend trying to give out a good number during the session. If you can create your own certificate to award that could be a good idea. You can run competitions such as penalties, crossbar challenge, dribbling etc. We award players of the day and sportsmanship awards.

Format

The sessions are organised into distinct parts. Feel free to adapt the session to your group size and available time:

- Welcome/intro (5 mins)
- Warm Up (10 mins) – see below for ideas
- Skill session (30 mins)
- Scotty the Scout and Team Talk (20 mins)
- Tournament (50 mins)
- Wrap-up & give out prizes (5 mins)

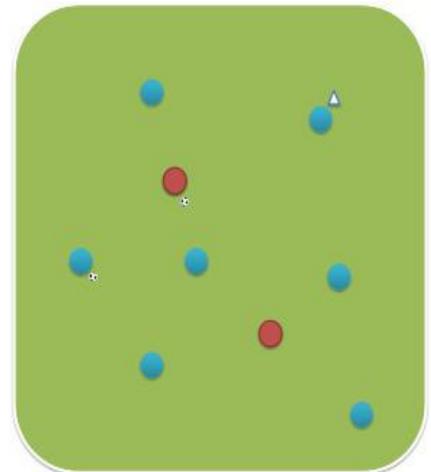


Warm Up

The purpose of a warm up is to engage the players physically and mentally, and reduce the chances of injury during the session. Any game that gets them running and having fun is good. Here are a few ideas:

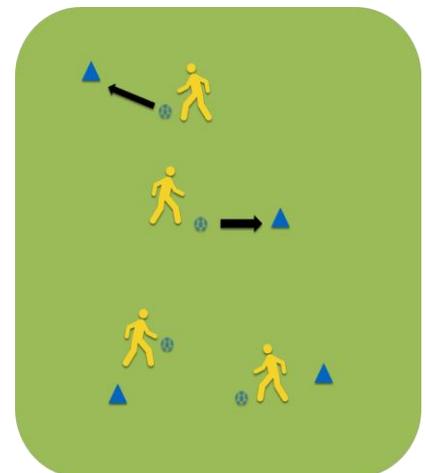
Ball Tag

- Choose 3 or 4 players to be ‘taggers’ (choose more or less depending on the size of your group).
- Taggers must throw the ball between them and, holding the ball in two hands, tag other players with the ball.
- Once tagged a player must do 5 star jumps before continuing.
- Change taggers every couple of minutes



Nutmeg Tag

- Choose 3 or 4 players to be ‘taggers’ (choose more or less depending on the size of your group).
- All players apart from the taggers have a ball and must dribble the ball around the playing area.
- Once tagged, a player must pick up their ball, then freeze, holding their ball above their head whilst standing with their legs apart.
- Players can be released and re-join the game if another player ‘nutmegs’ them.



Cone Tag

- Each player has own cone and ball.
 - They have to defend their cone and attack other player’s cones.
 - You score and lose points when you hit other cones or your cone is hit.
- **Progression:** You can work in teams and put a ball on top on the cone so the players have to knock the cone off to score points.

Skill session

The session clips explain how the games should work, complete with Learning Objective and points to remember. Depending on your context, it is recommended you download the session videos to a phone or tablet, to either show the group or follow yourself as you lead. Above all, make sure that everyone is involved, safe and having fun!

Scotty the Scout

Our Bible stories are presented through the metaphor of a football scout, who is looking for the best talent. Each day, the scout has requirements for players if they want to be on his team. The story of Jesus each day (Zacchaeus, Martha, Thomas) challenges the scout, explaining that Jesus didn't discount people from being his friend in the same way.

The stories themselves are cartoons, perhaps most appropriate for younger ages. If you have older kids just telling the story from the Bible might work best, or some other creative way that you are familiar with.

Team Talk

Each day there are 4 questions for you to consider with your group, related to the Bible story. These can be found on the Team Talk sheet attached.

Matches

For the remainder of the session, split the group into teams and run a match or little tournament. Make sure you leave plenty of time for this. You'll need someone to be a designated referee for each match – provide them with a whistle if possible.

Questions?

For assistance with any part of the Easter Camp, please feel free to contact Rob on rtaylor@ambassadorsfootball.org or 07775 687682.