

## **Guidance for American football based physical activity**

Coaching is permitted if outside and if people are a minimum of two metres apart and providing there are gatherings of no more than six people from different households.

Under the new social distancing guidelines, which allows up to, but no more than six people to gather, any sports coaches or trainers undertaking 1-1 sessions should ensure they are complying with relevant National Governing Body Safeguarding Policies and Procedures and conduct a thorough risk assessment before engaging in any sessions. This should include particular consideration for under 18s and vulnerable adults.

Guidance for American football based physical activity:

- Outdoor field based individual training in small groups permitted.
- Players can train with members of their own household or once per 24 hour period with five others from other households, maintaining a two metre distance.
- While multiple small groups can engage in training at the same site, clubs must risk assess this properly. Groups should be kept wholly separate, social distancing rules observed (including how players enter and exit the facility), and rules regarding use of and sanitation of equipment observed and strict hygiene measures put in place.
- Particular care should be taken when risk assessing activity for younger age - groups where compliance with social distancing rules may be more challenging. Listen to the views of children and young people about their activities.
- Physical contact with anyone outside of your household is not permitted, therefore playing of any games (small sided or full) is also not permitted at this time
- No sharing of field equipment / training aids between households
- While groups can practice ball skills like passing and kicking, equipment sharing should be kept to a minimum and strong hand hygiene practices should be in place before and after
- Avoid meeting in groups of six in busy or overcrowded areas or if it is so busy that it is not possible to maintain social distancing at all times.
- Wash hands / sanitise equipment regularly
- It is recommended that activity groups stay consistent to track and trace COVID-19
- Do not meet or train with anyone if you have COVID-19 symptoms
- If anyone within the physical activity group tests positive for COVID-19 the individual and the group should follow the governments self-isolation guidelines.

Recommended American football based physical activity:

- Gradual return to physical activity through effective, warm up, adapted intensity and duration. Any physical activity should also consist of a participant cool down
- Footwork based activities including and not limited to speed, agility and explosive power
- Core and flexibility exercises related to preparation for contact
- Position specific movement patterns
- Reaction based movement drills
- Individual or paired ball handling skills and drills
- Focus within football based drills should be on the sequence, posture and angles:
  - Sequence – the order of steps carried out when executing the technique
  - Posture – the position of the body during a technical sequence
  - Angles – the route of departure / change of direction in relation to the stimulus.