

# STAY AT HOME SAVE LIVES

**“Stay healthy, stay safe, most importantly stay home”  
Steve Clarke**



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It is ALL of our responsibility to help get Scotland through this pandemic.

Please follow and share up to date Government advice from:

[www.gov.scot/coronavirus-covid-19/](https://www.gov.scot/coronavirus-covid-19/)



@scotgov

This resource aims to give some ideas of additional steps clubs could take to support your football family and wider communities as we are asked to #StayHomeSaveLives



# Football Community Wellbeing Issues & Opportunities



## Issues:

- Players/Coaches/Volunteers/Parents lose social interaction and routine of football activity, as well as result of “Lockdown”
- Participants reduce physical activity
- Volunteers/Coaches lose sense of purpose and good feeling from volunteering time/”giving back”
- Stress to committee members/paid staff/players whose clubs will struggle financially due to shut down

## Opportunities:

- Community clubs have a wide cross section of stakeholders from their local area that they can engage with and support, without stigma
- 1000s of people used to volunteering, no longer doing so
- National network to share Good News stories and best practice



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# Take care of your health and wellbeing

Tips and information at:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Information for Young People:

<https://young.scot/campaigns/national/coronavirus>



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# Some key ideas to look after your health and wellbeing



- Connect with people
- Decide on your routine
- Try to keep active
- Get as much sunlight, fresh air and nature as you can
- Find ways to spend your time
- Find ways to relax and be creative
- Keep your mind stimulated
- Try to keep a healthy diet and stay hydrated



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# Connect With People



## Advice for individuals:

- Keep in touch digitally.\*
- Make plans to video chat with people or groups you'd normally see in person.
- You can also arrange phone calls or send instant messages or texts.
- If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other.

## What clubs could do:

- Complete home workouts **together** as a group linked via video chat (groups may need to be smaller depending on digital platform used)
- Set Tasks / Goals / Targets for your groups, then arrange a time to discuss how everyone got on (doesn't need to be football related; see @TimeToTackle #TimeToTackleDailyChallenge)
- Football "Watch Parties" – agree to watch the same match at the same time, chat about it on group messengers, etc. (e.g. Scottish Cup and Scotland National Team matches being shown "not live" on YouTube)
- Set "homework" tasks to watch a match and complete an analysis tasks to help players develop Game Understanding

**\*Through their regulated role in football, adults should not message/video call under 16s directly  
Remember to get parental/carers consent when setting up social media groups/chats!\***



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# Decide on Your Routine & Try to Keep Active



## Advice for individuals:

- Plan how you'll spend your time. It might help to write this down on paper and put it on the wall.
- Try to follow your ordinary routine as much as possible. Get up at the same time as normal, follow your usual morning routines, and go to bed at your usual time. Set alarms to remind you of your new schedule if that helps.
- If you aren't happy with your usual routine, this might be a chance to do things differently. For example, you could go to bed earlier, spend more time cooking or do other things you don't usually have time for.
- Think about how you'll spend time at home. For example, plan activities to do on different days or habits you want to start or keep up.

## What clubs could do:

- Arrange Team "Activities" at the same time you would normally train / play to help people keep structure to their day and week
- Share good ideas between team-mates of how they have achieved routine in their days / improvements they have made
- At home fitness/ skills practices provided by the club – agree with players how often they should be completed
- Encourage "Team Spirit" to encourage everyone's efforts towards reaching targets and goals
  - check in on how players are getting on



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# Connect Your Community

Continue to be a force for good



- Use club communication channels to create a support network for all your coaches/volunteers/players/parents/supporters/sponsors/etc.
- Ask for offers of/requests for support
  - Pick up Shopping / Medication / Dog Walking etc.
  - Available for a phone call / messenger chat for those that are feeling isolated or anxious
- Promote volunteering opportunities in your local area for those not at risk
  - Check out national and local opportunities to volunteer at:  
[www.volunteerscotland.net/covid-19/](http://www.volunteerscotland.net/covid-19/)
- Highlight specific community needs; local foodbanks and outreach groups
- Share useful links / good news stories to keep people healthy / happy / active



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# Ideas for “Activities”



- Workouts (limit space and equipment required)
- Skills Challenges (limit space and equipment required)
- Analysis Tasks
- Creative Tasks (design new strip, training kit, training sessions, etc.)
- Quizzes
- “Watch Parties”



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# Library of Resources



For Young People:

[Young Scot](#) - Information and advice for Young People

For Parents:

[Parent Club](#) – Advice and resources for parents

[British Psychology Society](#) – Advice on talking to children about illness

Wellbeing:

[Mind](#) – Coronavirus and your wellbeing

[SAMH](#) – Self help and wellbeing

[Heads Up Programme](#) – Getting comfortable talking about mental health

If you are looking to support someone feeling anxious at this time:

[British Association for Counselling & Psychotherapy](#)



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# Where to get help



Scottish FA Child Wellbeing & Protection Policy is available here [Scottish FA policy](#) or email [Childrenswellbeing@scottishfa.co.uk](mailto:Childrenswellbeing@scottishfa.co.uk)

if any child or young person wants to raise any concerns, or any adult within a club setting has a concern about a child and needs some advice.

Some additional **helplines and advice** can be found below that may be of use:

Scotland's domestic abuse helpline: 0800 027 1234 or <https://sdafmh.org.uk/> for a chat online.

Call Breathing Space on 0800 83 85 87: Listening, advice and information for people in Scotland feeling low, stressed or anxious.

LGBT Health and Wellbeing Helpline: Information, support or simply a friendly voice - <https://www.lgbthealth.org.uk/> or 0300 123 2523

Parents Helpline – 0800 28 22 23: For tips, advice and support for parents or if you simply need to talk



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# Examples from around the country



- [Dalkeith Thistle - Homework Challenge for younger players](#)
- [Spartans - Activity Options](#)
- [Bo'ness United - Messages from the Mascot](#)
- [Aberdeen FC & Community Trust - Food delivery](#)
- [Cumbernauld Colts - Individual Sessions](#)
- [Hibernian Community Foundation - Maths Challenge](#)
- [Warriors in the Community - #ChallengeWally](#)



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