



COVID-19

Plan for Return to Training

KEY GUIDELINES

- Number of Players and Coaches limited to 20 on the pitch.
- 1.5m social distancing to remain
- Activity must be non contact.
- No sharing of equipment (ball passing and individual skills acceptable).
- Players must not attend if ill, or living with an ill person or if they have been in direct contact with a known COVID-19 case within the past 14 days.
- 1 Parent / guardian per family to pick up / drop off kids. If they choose to stay at the grounds, they should stay in their car.
- No sharing of food or drink
- All players / coaches to wash hands / use sanitiser before and after sessions.

DETAILED APPLICATIONS

- Training to be limited to fitness, individual and passing skills.
- Only essential people are to attend activities (i.e. players, coaches).
- Participants will only attend approximately 10 minutes prior to the start of the session and leave immediately after. No social activity is to occur at this time.
- There will be no access to change rooms, club rooms or wet areas except to access toilets as necessary. Limitations on capacity of toilet areas will be observed.
- Players are permitted to pass the ball to each other and head the ball, while goalkeepers can handle the ball.
- No individual sports bags or kit bags are to be brought to the venue; these should remain in cars.
- No shaking of hands.
- Balls **MUST** be handled with the feet or head only, not hands.
- A detailed list of all attendees must be kept, and this log must be sent to the Technical Director after each session.

HYGEINE APPLICATIONS

- Alcohol based hand sanitisers will be made available by the Club for all teams to use at training sessions, with players encouraged to use prior and following training.
- There is strictly to be no sharing of water bottles or towels and if bibs are to be used each player must have their own bib and it must be washed after each session.
- Players and coaches must avoid spitting at training.
- No high five, handshake or other physical contact is permitted.
- All of a players training kit must be washed and disinfected between training sessions.
- Anyone, including people playing, organising or attending **MUST NOT ATTEND** if they:
 - a. have any flu like symptoms,
 - b. have travelled internationally or have been in direct contact with a known case of COVID 19 in the past 14 days, and/or
 - c. are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.