

# COVID-19 GUIDANCE FOR TRAINING SESSIONS — 20<sup>th</sup> July 2020



## COACH GUIDANCE

### Before leaving your home:

- Bring your own small hand sanitiser for personal use along with a drink.
- Check you have all your coaching equipment (including First Aid kit) as you will not have access to storage at the venues.
- Ensure you have disinfectant for use prior to, during and after the training session.

### Arriving at the venue:

- Set up and organise the area for your session. Also disinfect all equipment that is being used (cones/footballs).
- Set up 'stations' (cones) for the players (2 metres apart) for them to put their belongings (hand sanitiser/water bottle)

### During the training session:

- As players arrive; confirm with the parent/carer that they have self-assessed for COVID-19 symptoms. Make a note of the players attending as this will need to be sent to the Club along with the consent forms and retained for 'NHS test and trace'.
- Allocate a 'station' to each player for them to leave their belongings at and wait here until everyone has arrived.
- Clearly explain how the session will be delivered and how the rest/water breaks will work.
- Ask players to all sanitise their hands before the session starts.
- Remind players to social distance during breaks and after the training session.

### At the end of the session:

- Ask the players to return to their 'stations' to sanitise their hands, collect their belongings and then go to their parent/carer.
- Disinfect all equipment and collect it in (players not to help with packing up).