

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



## PLAYER GUIDANCE

### Before leaving your home:

- Bring your own small bottle of hand sanitiser with your name on it as it will be needed during the session.
- Also bring your own water bottle with your name on it and possibly a spare if you think you will need one.
- Be ready before you leave, make sure you have your boots and shin pads.

### Arriving at the venue:

- Make sure your laces are tied up as your coach cannot help you with them.
- Head to your coach and listen out for where he would like you to go as he will have a 'station' (cone) set out for you.
- Keep all your belongings at your 'station' (hand sanitiser/water bottle/jacket) as this will be your rest/break area.

### During the training session:

- Try not to touch the equipment with your hands.
- Please do not spit or rinse your mouth with water during the session.
- Avoid shouting or raising your voice when face to face with someone.
- Cover your mouth and nose (with your sleeve) if you need to cough or sneeze.
- Social distance during breaks.
- Let your coach know if you have injured yourself as he will advise what to do next.

### At the end of the session:

- Sanitise your hands and collect your belongings
- Head over to your parent/carer when the coach lets you.