



COVID-19 GUIDANCE FOR PLAYERS RETURNING TO TRAINING

- Wash your hands with soap and water before arriving at training.
- Arrive in training kit, ready to start the session.
- Do not arrive more than 10 minutes before the start time .
- If arriving by bike, keep your bike well clear of congested areas such as entry and exit points.
- Bring your own water bottle, with your name on it.
- Bring your own hand sanitiser.
- Maintain social distancing – watch for ‘pinch points’ through entry gates and proceed directly to your allocated training area.
- Drop your belongings at the allocated 'player zone'.
- Remember, your Coach has been advised to remain 2 metres physical distancing from players.
- You must not attend any group activity if you have been feeling unwell or displaying COVID-19 symptoms.
- Ensure the Coach has an updated record of contact details
- Sanitise your hands before and after the session.
- Avoid contact with equipment that isn't yours – goalposts, cones, markers, poles, hurdles.
- Try to avoid contact with footballs with your hands or head.
- Take all your belongings at the end of the session.
- Your Coach may ask you to leave in smaller groups, to avoid congestion at gates and pathways.

For more information contact Jamie Chapman info@dunbarcolts.com