

Coronavirus

Covid-19 RECOVERY PLAN UPDATE



MEASURES WILL BE INTRODUCED ON 8 JUNE

- Outdoor sports facilities are allowed to re-open
- Training in small groups of up to six people is permitted
- Skill drills and tactical drills (dribbling, diamond passing drill etc) with no close contact
- All equipment should be sanitised before and after use
- In all cases, maintain social distancing
- Prevent congregations of people
- Retain records of people attending

PLAYING FOOTBALL INDIVIDUALLY

e.g. practice of individual skills or fitness activities



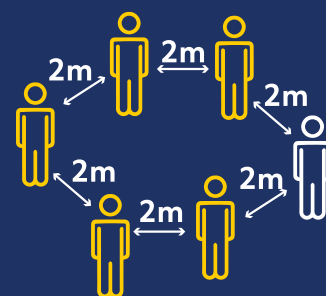
PLAYING FOOTBALL WITH YOUR FAMILY OR OTHER PEOPLE LIVING IN YOUR HOUSEHOLD



FOOTBALL TRAINING OR FITNESS ACTIVITIES IN GROUPS OF NO MORE THAN SIX KEEPING TWO METRES APART AT ALL TIMES

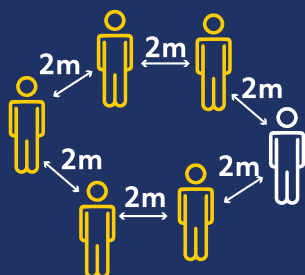


Sharing of equipment should be kept to a minimum and strong hand-hygiene practices should be in place before and after.

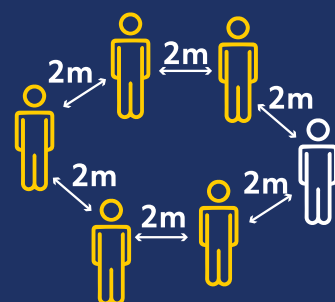


Physical contact with anyone outside of your household is not permitted, therefore playing of any games (small-sided or full) is also not permitted at this time. Avoid meeting in groups of six in busy or overcrowded areas if it is so busy it is not possible to maintain social distancing at all times.

TRAINING FOR TWO OR MORE GROUPS OF SIX (INCLUDING COACH)



It is permissible for coaches to organise a training session that has two or more groups of six involved (including the coach) as long as the groups of six are kept separate, everyone is socially distancing and strict hygiene measures are in place with any equipment.



You must ***not attend training*** if in the past 14 days you:

- Have been unwell or had any flu-like symptoms
- Have been in contact with a known or suspected case of COVID-19
- Have had any respiratory symptoms (even if mild)



Hygiene Protocols - Club



- All surfaces, equipment and objects are wiped down before and after each training session with appropriate anti-bacterial/disinfectant wipes or soap, particularly those frequently touched – this includes pitch entry points and any other high touch areas as well as all equipment including cones and balls
- Hand sanitiser dispensers are provided at pitch entry points and around the venue
- Bins are provided around the venue and regularly emptied

Hygiene Protocols - Coaches/Players

- Wash hands with hand sanitiser immediately before and after training and during scheduled breaks in training
- Do not spit at any time
- Do not share drink bottles and players clearly label their own bottle
- Players to take their training bib or any other items worn/used during training, home to wash individually
- Clip boards and pens not to be shared
- Shower at home before and after training



For the latest COVID-19 advice and information, go to:
<https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>