

TRAINING WITH RESTRICTIONS

What you can and can't do.



CAN

*Start training from next Tuesday (2/6/20) on your allocated pitch.

***Train in groups of 9 with a coach.**

*Train in a quarter of a pitch as a junior team.

*Train on half a pitch as a Senior team

***Be HAPPY we're playing football again!**

CAN'T

*Person to person contact
i.e tackling

***Handle the ball or do any kind of throw in training.**

*Swap bibs throughout the session.

***Be on the field more than 10mins before or after your session.**

*Use any changerooms

MUST HAVE

***Your name marked off with your team manager. (If someone else has driven you, their name MUST also be recorded).**

***No more than 9 players and a coach per group.**

***Social Distancing of 1.5m per player at all times.**

***Your own drink bottle. NO SHARING!**

***A team bottle of hand sanitizer which all players must use at every break.**

***No more than 1 parent /supporter per player. (We encourage they stay in the car if possible and exit only for collection).**

If you have any flu like symptoms DO NOT attend training and please seek medical advice.