**Safe training sessions**

This club safe training guidance follows the updated FA information issued on 24th March 2021 and must be followed to ensure compliance with our insurance cover.

Before the session

* No car sharing except same household
* Health self-check form to be signed and given to the coach
* All club premises will be closed- changing rooms, clubhouse and toilets
* Access gates to be left open
* Hand sanitiser station to be set up
* All players to turn up and go home in their kit
* At least one coach and one adult present for under 18 sessions
* No spectators allowed with children dropped off and picked up wherever possible. If not possible, for example for safeguarding reasons, a maximum of one parent / carer per child to remain at the session maintaining social distancing from others at all times
* Avoid congestion on arrival

During the session

* Contact in training must be kept to a minimum. Social distancing to be maintained at all times
* 1 ball per group but goalkeepers may have their own individual ball
* Focus should be on kicking the ball, limiting any touching of the ball with hands ( except goalkeepers)
* Minimum sharing and handling of equipment
* No bibs unless washed between sessions
* Players to have own water bottle and hand sanitiser
* No spitting
* Sneeze or cough into tissue or upper sleeve

After the session

* Coach to sanitise all equipment
* All players to leave promptly, no congregating