**Safe training sessions**

This club safe training guidance follows the updated FA information issued on 1 and 12 June and 17 July 2020 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 but a toilet will be available
* 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
* Parents/ carers may stay at a session but will need to follow social distancing rules and give their details on the test and trace form
* Avoid congestion on arrival

During the session

* 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 or shouting
* Sneeze or cough into tissue or upper sleeve

After the session

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