

Advice for Participants



Where possible, attend sessions changed and ready to train.

Make sure you wash your hands before and after training, and wear clean training kit each session.

When you are at training:

- *Place all of your kit in a bag labelled with your name*
- *Label your drinks bottle with your name*

Remember social distancing before, during, and after training.

Avoid celebrations such as hand shaking, high fives, fist bumps or any group celebrations/commiserations before, during, and after play. Use verbal methods only.

If you do not feel comfortable coming to training, then let your coach know. If under 16, let your parent/guardian know, who will then let your coach know. Don't worry, they will all understand.

Inform the club and coach if you (or your child) start to have any symptoms of Covid-19.

Do not attend training if you or anyone in your household feels unwell or displays any symptoms. Follow Government Guidance for self isolating before returning to sport.