

CHECKLIST

1. Arrive ready to play – no more than 5 minutes before the start of the session.
2. Ensure hands have been washed/sanitised. (Participants must bring their own sanitiser)
3. Maintain 2 metres social distance at all times.
4. Make your way straight to the training area using the one way system.
5. On entering the training area make your way to your designated spot.
6. Do not touch equipment – no one except the coach should touch balls, cones, goals.
7. At the end of the session listen to coach's instruction and leave immediately using the one way system.
8. On exit wash/sanitise your hands.

Disclosure

It is your (the participant's) responsibility to make the coach aware of the following:

- If you are in the high risk/vulnerable group category
- If you live with someone that is in the high risk/vulnerable group category
- If you have had any symptoms or come in to contact with anyone who has had covid-19 since the last session

*If any of the above is true we advise that you do not attend training.