



RETURN TO TRAINING: WHAT TO EXPECT FOR PLAYERS

DO NOT ATTEND TRAINING IF YOU, OR ANYONE IN YOUR HOUSEHOLD IS SUFFERING WITH A TEMPERATURE, REPETITIVE DRY COUGH OR LOSS OF TASTE OR SMELL



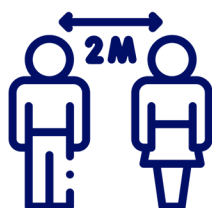
BEFORE YOU LEAVE HOME

- PUT ON FRESH & CLEAN TRAINING KIT
- PUT BOOTS ON BEFORE YOU LEAVE & TIE LACES TIGHT
- BRING A NAMED DRINK & HAND SANITISER BOTTLE WITH YOU



BEFORE YOU ARRIVE

- YOUR COACH WILL CLEAN & SANITISE ALL TRAINING EQUIPMENT
- OCCUPY A SINGLE TRAINING ZONE FOR THEIR GROUP
- CREATE AN AREA FOR YOU TO PLACE YOUR OWN EQUIPMENT



ARRIVING AT DOVEHOUSE

- ARRIVE NO MORE THAN 5 MINUTES BEFORE YOUR SESSION
- YOUR PARENT/CARER WILL WAIT WITH YOU IN THE QUEUE
- PLEASE KEEP 2M DISTANCE WHILST IN THE QUEUE



ENTERING THE TRAINING ZONE

- YOUR TEMPERATURE WILL BE CHECKED ON ENTRY
- APPLY SOME HAND SANITISER AT THE ENTRY POINT
- YOU'LL BE DIRECTED TO YOUR PERSONAL TRAINING AREA



DURING YOUR SESSION

- ONLY HANDLE THE BALL YOU'VE BEEN GIVEN
- RESPECT & LISTEN TO THE COACH'S INSTRUCTIONS
- GOALKEEPERS MUST WEAR THEIR OWN GLOVES



AFTER YOUR SESSION

- YOU'LL WAIT IN A HOLDING AREA WITH YOUR COACH
- SANITISE YOUR HANDS BEFORE LEAVING
- YOUR PARENT/CARER WILL BE WAITING TO COLLECT YOU