

Hove Rivervale – Covid 19 training guidance



Coaches

Players

Parents/Carers

Before Training

Prepare training session
Observe risk assessment
Clean kit & equipment
Ensure player attendance confirmed

Wear clean kit
Go to the toilet
Wash hands
Bring **labelled** water bottle

Ensure no symptoms
Wash hands
Give consent for training
Confirm attendance (for NHS test and trace)

During Training

Carry out session in line with plans
Maintain 2m distancing when not playing football
Engage parents if needed

Keep 2m from everyone else when not playing football
Do not touch any equipment
Listen to your coach
Observe all instructions
Speak up if you don't feel well

Attend training
Support the coach with any issues around social distancing
Maintain social distancing

After Training

Clear up after session
Dispose of any PPE
Wash hands & equipment
Maintain player attendance lists for 21 days

Wash/sanitise hands
Leave training as requested
Go straight to your parent

Wash all kit
Retain the player bib
Advise coach of any symptoms