



Train/Play Safety Protocols

RULES OF ENGAGEMENT FOR RETURN TO TRAINING/PLAY

- Bring your own, clearly identifiable water bottle/container
- Bring your own hand sanitiser to sessions and leagues/tournaments
- Spitting should be avoided
- Follow generous social distancing of at least 2m when engaged in competitive games or drills.
- Handshakes and hugging must be avoided.
- Players will be divided into groups with their size determined by government regulations and training planned accordingly.
- Where possible each group will be assigned a coach, who would only supervise that group and not come into physical contact with the other groups.
- Players should travel alone to and from training, unless they are already living in the same household.
- Equipment sharing should be avoided where possible. When it is required, such as balls/cones etc, equipment should be sanitised between at regular intervals.
- Avoid any mingling of groups at the beginning or at the end of all training sessions and league/tournament games.

TURN UP, WARM UP, PLAY/TRAIN, WARM DOWN AND LEAVE.

Please read the following and act accordingly:

- Complete the [online declaration](#), confirming that you have read and understand the safety information provided by the club.
- Review the COVID-19 **Self Screening Questionnaire** before leaving home for club sessions
- If you feel unwell you should remain at home, contact the club coaches, committee and your local health professional/the NHS on 111
- Adhere to hygiene rules which include regular washing/disinfection of hands and frequently used surfaces.

Links:

Online declaration - <https://forms.gle/8dwwzzRLRWNoFJxU8>

COVID-19 Self Screening Questionnaire - <https://bit.ly/ChargersSelfScreening>