



# FORM C

## Dosthill Colts FC

### COVID-19 Guidance

### Documents for Players

### 2020/2021

## BEFORE TRAINING

- Feeling unwell - speak to your parent/carer. They know the symptoms to look out for.
- Wear clean kit
- Go to the toilet before leaving for training/matches .
- Bring your own sanitiser - put your name on it.
- Bring your own water bottle - put your name on it.
- Continue to wash your hands with soap and water (20 seconds) before leaving for training.
- Only travel in a vehicle with members of your own family. Try to avoid public transport.

## ARRIVING AT TRAINING

- Tie your laces or ask a parent/carer to help. Your coach should be your last option.
- Try to stay 2 meters from others as much as you can.
- Put your belongings in your 'designated area'.
- Apply some hand sanitiser.
- Your coach will tell you what to do next.

## DURING TRAINING

- 5-17 Year olds - contact training is permitted during these sessions.
- Only touch equipment when asked.
- Cover your mouth and nose with a tissue or your sleeve (NOT YOUR HANDS), when you cough or sneeze. NO SPITTING
- Put your tissue in the bin immediately and use your hand sanitiser.
- FIRST AID AREA - A coach will try to guide you through your own treatment. They may ask your parent to help you. LIFE THREATENING INJURIES WILL BE TREATED BY THE COACH IMMEDIATELY.

## AFTER TRAINING

- Return to your designated area to collect your belongings.
- Apply some hand sanitiser.
- Get a thumbs up from your parent and coach before leaving your designated area.
- Try to stay 2 meters away from others as much as you can.