

## Covid-19 Session Information

### PRE COURSE

- If the player or any members of their household shows symptoms, please stay at home. This will avoid spreading the infection to others. You will receive a refund if you need to do this.
- Please make sure you read the guidance and that your son/daughter is aware of the measures we're putting in place.
- Make sure you bring your own water bottles with you. Please write your name on it and bring as many as you need for the day. Opportunities to fill up those bottles will be minimal, so bring as much fluid as you need to stay hydrated.
- We suggest players bring their own hand sanitiser to use throughout the session, although there will be sanitising stations at each venue.
- Please remind players with shoelaces to do them up tightly (coaches will use Personal Protective Equipment (PPE) if players need assistance on this during the session).
- Please wear clean training kit each session and bring additional clothing as needed for the weather.
- There will be no changing room access – players must arrive to the session in kit ready to play – but we will have storage space for player kit bags. We know that some players will need to bring a kit bag with their drinks and any additional clothing they'll need for the session, however please minimise what each player brings with them and ensure that it can all be stored into their own bag.

### ARRIVAL

- Arrive at the car park and players will meet the registration area outlined at the venue. A Coach will be visible when you arrive to direct you to one of the registration areas.
- Hand sanitiser will be available on arrival and at the registration areas
- Whilst parents/guardians will be allowed to leave their vehicles there will be designated areas for parents/guardians on drop off, with cones or markers laid out to ensure social distancing.
- Daily guidelines and expectations will be communicated by coaches to each player on arrival.
- Each player will be organised into groups prior to the session in order to manage ratios and ensure social distancing.
- Players will have arrival activities in their groups to keep them engaged whilst all players arrive.

### DURING

- If a player shows any symptoms, the parent/guardian will be contacted for collection immediately and the player will be isolated from other participants whilst awaiting collection. This player should then order a COVID19 test and inform the Saints Foundation of the test result so that we may initiate track and trace
- Players will remain in their group for the session, with their allocated coach(es), and will work to their own timetable to ensure limited interaction with other groups. Where possible each group will have the same coach for the entire duration of the session.
- Player expectations must be followed throughout the session for everyone's safety.
- There will be regular breaks for washing hands and drinking water.
- Players must use hand sanitiser before entering toilets as well as on arrival and departure of the session.



- Equipment (goals, balls, cones etc) will be cleaned after every session.
- For any first aid requirements the coaches will wear PPE.
- All activity will always adhere to social distancing guidelines, but we'll retain the challenging and fun environment you're used to. Players will be allowed contact within the matches, but it will remain socially distanced for the rest.
- Each player will have their own ball where possible throughout the session to make sure sessions are safe and socially distant.
- Players will not use their hands during the session where possible.
- We will not be using bibs at the sessions.

#### DEPARTURE

- Departure will follow the same guidelines as arrival, with this information communicated to parents/guardians in the venue specific information sent in advance.
- There will be a designated area for parents/guardians when players are being picked up. A coned area will be used for social distancing.

#### POST

- Players are encouraged to remove and wash their clothes on arrival home.