



# LENHAM WANDERERS FOOTBALL CLUB

Founded 1909

Affiliated to the KentFA

## Training Guidance Notes for Players & Coaches

### 1 PREVENT CATCHING & SPREADING THE VIRUS



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with disposable tissues



Throw away used tissues (then wash hands)



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

### 2 Recommendations

**All sessions will be a maximum of 45 minutes until further KentFA guidance is issued.**

- NO Spectators.
- Changing room to be kept closed during training sessions.
- Playing any games, small side or full is not permitted.
- Groups of no more than 30, including coach.
- Keep 2m apart at all times.
- Do not change groups during the session.
- Travel to venue alone, or only with another household member.
- Arrive changed and ready for training.
- Any player under the age of 14 has to be accompanied by one parent only.
- Bibs must not be used, unless they have been washed prior to training.

- Avoiding touch equipment e.g. cones, footballs, poles. Focus on kicking the ball and avoid touching the ball with your hands.
- Refrain from spitting.
- Ensure you bring your own water bottle, preferably with your name on it.
- All participants should wash their hands at the earliest opportunity.
- Where equipment is handled by more than one person, they should wash their hand immediately afterwards.
- If the ball is handled by more than one person, the ball should be cleaned regularly with disinfectant wipes.
- All players to arrive and leave punctually so to avoid clustering of groups on the sidelines and carpark.
- Shared training equipment to be cleaned after every session.
- When the session is finished, players & coaches leave the William Pitt field, rather than congregating.