



LENHAM WANDERERS FOOTBALL CLUB

Founded 1909
Affiliated to the KentFA

Training Sessions at the William Pitt Field

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 GOOD PRACTICE GUIDANCE FOR MANAGERS

1. Do not come to football if you have symptoms of COVID-19, including a new, continuous cough or high temperature (over 37.8°C/100°F); advise your Manager and ensure you and your fellow householders self-isolate in accordance with Government Guidelines; if you develop symptoms while at football, return home immediately, advise your Manager and self-isolate.
2. All equipment should be disinfected regularly, especially before and after any session. Ensure gloves are worn when cleaning equipment. Materials used to clean equipment should be placed into a separate bin bag and then placed directly into a bin.
3. Social Distancing, i.e. keeping a minimum of 2 metres separation between you and anyone else is one of the key precautions in stopping the spread of COVID-19. All areas, should be adapted to maximize physical distancing, with players playing areas highlighted with line marking & cones more than 2

metres apart.

Each player should have a station highlighted where they can store their own water bottles and personal belongings. Again, these must be 2metres apart from all other players. Each player is advised to bring their own hand sanitizer.

2 GOOD PRACTICE GUIDANCE FOR MANAGERS continued.

4. Social Distancing; there must be 1 coach to 5 players, each group must be 10 metres apart minimum and each player must be 2 metres apart minimum. No player should enter another training area.
5. Activities must be planned to avoid close training, in line with Government and FA Guidelines; Where it is not possible to follow the social distancing guidelines in full in relation to a particular task, you should consider whether that activity needs to continue for that session and if it cannot be done safely it should immediately halt.
6. Personal protection; things you should do,
 - Regularly clean your hands
 - Try and avoid heading the ball
 - Try to avoid passing a ball to another player or coaches' hands. If the hands are used to protect yourself from an incoming ball, then you should immediately sanitize your hands.
 - Try to avoid touching your face.
 - **No** competitive games at any time during session.
 - **No** physical contact between any players.
7. **Emergency**; all players under the age of 14 must have one parent/guardian visible during the full session. Players over the age of 14 we advise that there is a parent/guardian present also!! However, if this is not possible you need to ensure that the player is in sight of either another coach or parent at all times and not just the sole coach.
8. **Hygiene**; session times are reduced to 45mins maximum. This will contribute to preventing the spread, along with allowing the coaches time to clean all equipment and area down and another team to come and train.
9. Each session should have a hand sanitizing station for people to use if they have not got their own, where possible you should use a pump sanitizer and not a squeeze bottle. All players should take their own empty water bottles and rubbish home where possible.

As soon as players arrive home, they should immediately wash their football kit and clean themselves down accordingly.

2 GOOD PRACTICE GUIDANCE FOR MANAGERS

10. Relaxation of the 2 metre separation rule must only be done in exceptional circumstances, such as someone is in immediate danger. Please refer to COVID-19 First Aid Guidance.
11. Any concerns must be reported to the relevant club member.

Players and parents can help in preventing the spread of the virus, where possible each player should bring their own hand sanitizer and empty bin bag.

ALL SESSIONS MUST BE IN LINE WITH THE GOVERNMENT AND FA GUIDELINES TO REVIEW AND KEEP UPTO DATE WITH ALL GUIDLEINES VISIT WWW.THEFA.COM

REMEMBER: If an activity cannot be undertaken safely, it should not take place.



