



TRAINING/Matches at Charnock Ridgeway FC

Guide for Parent/Carers, Coaches and Players

(March 2021)



COACHES RESPONSIBILITY

- Sanitise own hands and all equipment before, during and after each session
- Remind players to hand sanitise before, during and at the end of the session (approx halfway through each half if playing a match and every 15 minutes if training)
- Maximum 30 per session/match on the pitch (to include players and coaches)
- Always ensure social distancing of 2 metres of players and self when not actively playing/training
- First Aid instructions to be given to child/parent/carer for them to administer (if more serious use the PPE – mask and gloves and apron to administer First Aid)
- No tuck shop or sales of food/drink

PARENT/CARER RESPONSIBILITY

- Only 1 parent to attend and bring only own child
- Always maintain social distancing of 2 metres
- Provide your child with a water bottle, hand sanitiser, sunscreen, necessary medication (e.g. inhaler) all labelled
- Arrive and depart at given times for training (no earlier)
- If your child has a temperature or is not feeling well do not bring them to training
- If player sent home from school to self-isolate as someone in their school bubble has Covid-19, do not bring to training or match until isolation period finished
- Provide consent on TeamApp and result of self- screen on day of training/match before arrival
- Take litter home with you
- Scan QR code on arrival



PLAYER RESPONSIBILITIES

- Listen to coaches' instructions
- Always remember social distancing with those that are not from your household or in your support bubble
- Sanitise hands before and after training and when Coach tells you to
- Use own water bottle
- Use the same football throughout the training session and do not pick up anyone else's ball
- Don't spit or chew gum

REMEMBER

- Read Risk Assessment
- Communicate using TeamApp