



SW CFC & PSGFC COVID-19 TRAINING GUIDANCE – PLAYERS



BEFORE TRAINING



Wear clean training kit



Go to the toilet



Wash your hands



Bring a named water bottle and hand sanitizer



ARRIVING AT TRAINING



Tie your laces properly



Wait for the coach to call you into the players-only area



Put belongings in your safe area



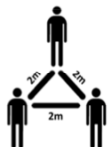
Apply hand sanitizer



DURING TRAINING



Do not touch equipment with your hands



Remain 2m from others except in match play



Listen carefully to your coach



If you are hurt, the coach will help you.
If you are **badly** hurt, your coach may need to wear a mask and come closer.



AFTER TRAINING



Apply hand sanitizer



The coach will tell you when to leave the players-only area



Wash your hands