

BEFORE YOU PLAY



Wear a clean washed kit



Bring a water bottle, clearly labelled with your name on it



Sanitise and wash your hands before your journey



Make sure you have all your kit and your laces are fully tied



Self check completed

ON ARRIVAL AT THE GROUND



Please park in the area as indicated by your coach. Proceed to ground following any signage



Sanitise your hands at the station



Place your water bottle and any belongings at the designated cone



No spitting or chewing whilst at the ground

DURING TRAINING /PLAYING



Minimise touching any balls or equipment with your hands



Cover your mouth and nose with your shirt if you need to sneeze



If you get injured, the coach will attend to you



Keep your water bottle on your designated cone