



# VWFC Covid-19 Guidelines

In conjunction with The FA and government guidelines, please ensure that the following rules are observed upon resuming training. These apply to staff, parents and players.

## Before the practice:

- In line with Government guidance on travel, you or another adult from the family should travel with the child to the venue together, or via a socially-distant method (e.g. cycling)
- Your child must arrive changed and ready to exercise
- Access to toilets will be available, but please try to use your toilet at home before the session
- Bibs should not be used, and if they are needed, please issue players with a personal bib that they can take home and wash in between practices
- All persons must sign the register of attendance if entering the clubhouse. If using the clubhouse please adhere to the government guidelines for the hospitality sector

## During the practice:

- Children must be guided not to touch equipment e.g. cones and footballs (the focus should be on kicking the ball)
- Ensure your child takes their own water bottle and their own hand sanitiser, both clearly marked with their name. They must not share these with anyone else
- If your child needs to sneeze or cough, encourage them to do so into a tissue or upper sleeve and advise them to avoid touching their face
- Spitting is not permitted
- If your child gets injured, a member of their household can aid them but others will still need to socially distance unless a life or limb-threatening injury necessitates breaking guidelines to provide emergency care
- If your child becomes symptomatic during the session, they should be immediately removed from the session and taken home as soon as possible
- Parents may watch the session, but please keep 1m+ apart from others that are not members of your own household

## After the practice:

- Once the session is finished, all players should take the earliest opportunity to wash hands or use their own hand sanitiser (alcohol-based)
- All participants should wash hands at the earliest opportunity and personal equipment should be wiped down with a disinfectant
- When the session is finished, children should be encouraged to leave the venue rather than congregate, avoiding congestion at gates or doors

**Please ensure that you have read and agree to comply with the above guidelines. Please ensure that you have returned your consent and understanding to the team coach/manager**