



Please see below guidelines/procedure we must follow on our return to training

- All players and parents are reminded to maintain social distancing before, during and after a training session or match.
- All players must wash their hands before leaving home and on their return home. Please also ensure players bring along their own antibacterial sanitiser for use throughout training and matches (named).
- Players must remain 2 metres apart whenever they are not taking active part in a match or training drill. Players are discouraged from celebrating goals or giving each other high-5s etc.
- All players should ideally have a parent present at all times during training and matches due to coaches not being permitted to attend to an injured player, unless in an emergency.
- Sharing of equipment should be avoided wherever possible, i.e goalie gloves.
- Coaches will ensure balls and bibs are sanitised/washed in between each training session or match.
- Coaches will remove / replace any hand touched equipment during training / match ie balls / bibs / cones /
- Players & parents are reminded that changing facilities will NOT be available at training and match grounds.
- Spectators are not permitted unless you are at a youth football session. In this case Spectators are limited to one per player. Social distancing must be adhered to at all times.
- **Please can all parents make contact with the Club Welfare Officer at ugjfccovid-19@gmail.com if your son or yourself have any Covid symptoms or been in contact with anyone showing any symptoms.**
- Coaches will be keeping an attendance register for all training sessions and matches in order to comply with the NHS track and trace service.



Notes for parents.....

Participants should self screen prior to attendance to ensure they do not have any of the following symptoms; A High Temperature (Above 37.8), A new continuous cough, shortness of breath, a sore throat, Loss of or change in normal sense of taste or smell, feeling generally unwell, Been in close contact with / living with a suspected / confirmed case of COVID-19 in the previous two weeks.

(Symptoms should be confirmed by a parent in cases of those under the age of 18

Do not attend if you have symptoms.

- Please arrive promptly but no earlier than 10 mins prior to your training session
- On arrival, the players will see socially distanced cones laid out for them. Can you please ask your young person to stand next to an available cone to await further guidance from the coaches.
- At the end of the training session, please can I ask that you all disperse as quickly as possible and leave the coaches to pack up any equipment.
- If you have any questions for your coach please email them directly rather than speaking with them on site (if possible) if you do not have their details please contact the club secretary on ugjfcsecretary@gmail.com who will put you in contact with them.