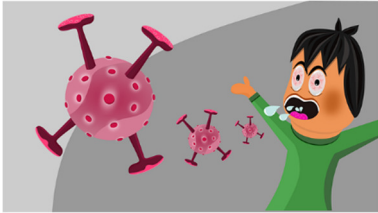




Inclusive Football - Back to training rules during COVID-19

It is important for everyone's safety that you follow the new rules.



DO NOT COME TO TRAINING IF YOU OR ANYONE IN YOUR HOUSEHOLD HAVE ANY SYMPTOMS OF A COLD, HAVE A TEMPERATURE OR ANYTHING THAT MIGHT BE OR IS COVID-19. FOLLOW THE GUIDELINES OF YOUR CLUB.



Listen carefully to your coach.

Good behaviour is really important.



Use Hand sanitiser before you play, in breaks and after the session.



Stay 2 metres apart from other players and coaches.



Do not touch the equipment or footballs with your hands.



Wait your turn to keep your distance.

Only move to the next training station once others have moved



No hand-shakes, high fives or fist bumps



No spitting!



No goal celebrations. No contact with others.



WE CAN DO THIS!

HAVE FUN!!