



FOOTBALL STAR ACADEMY

RETURN TO TRAINING

PROTOCOL GUIDELINES

STAY SAFE

if anyone in your household is displaying symptoms of illness, please do not attend a training session

anybody who has been symptomatic within the last 14 days should not attend



HAND WASHING

players and coaches will be required to sanitise their hands before and after a training session

please note: no toilet facilities will be available during this phase

EQUIPMENT

players should arrive ready to play, with their name on their water bottle. players must not handle training equipment and may only use their feet during sessions. all equipment will be disinfected before and after each session.



PHYSICAL DISTANCING

players are permitted to take part in full contact training, including tackling, directly competitive practices and small sided games. a 2m distance must be kept between players and coaches at all times during a session.

SESSION FORMAT

- each squad will be allocated a 60 minute session, once per week
- a maximum of 10 players and 2 coaches may participate in a session
- adequate pitch space will be provided to accommodate a full squad



PLAYERS AND STAFF ONLY

family members will not be permitted to enter the training facilities or congregate at entrances or exits. where possible, please operate a drop off / pick up service for your player to avoid car park congestion.



SAFE AND ENJOYABLE

an accurate attendance record will be kept to enable contact tracing if necessary

all sessions will be organised with the safety and enjoyment of the players in mind

session activity will be fun-based and development focused

