



COVID-19 GUIDANCE

1. BEFORE YOUR LESSON



Stay home if you or your child is feeling unwell.



Make sure your child's uniform is clean before each class.



Ask your child to use the toilet before leaving for their class.



Your child will need their own hand sanitiser which you will need to apply before and after their lesson.



Your child will need to bring their own drink bottle with their name on it.



You and your child should wash your hands with soap and water before leaving.

2. ARRIVING AT YOUR LESSON



Please ask your child to tie their laces before entering the venue.

Your child's coach is the last option



Keep your child's water bottle with you or ask them to put it in an area away from other bottles so they can easily find it.



Apply some hand sanitiser on your child's hands before they enter the pitch.

Your coach will have some sanitiser if you forget.

3. DURING YOUR LESSON



Contact training is permitted during the session.

Please ask your child to stay 2 metres away from their coach.



Ask your child to try to avoid touching the equipment.



Ask your child to cover their mouth and nose with a tissue or their sleeve when they cough or sneeze.

No spitting.



If your child gets injured, their coach will try to guide them through their own treatment.

Your coach will act immediately with any serious injuries.

4. AFTER YOUR LESSON



Apply hand sanitiser on your child's hands after their class.



Try to stay 2 metres apart from others as you leave the venue.