





HARROGATE GATEWAY FOOTBALL CLUB

Return to Football Guide

This Guidance has been provided with the help of Special Olympics, Mencap and the FA to help us re-start football safely

	Football will start again soon
	Your Coach will talk to you soon and tell you when you can return to training




RULES:

- 1.
- 2.
- 3.



THE RULES

There are 10 rules to follow.
These will help to stop the spread of COVID-19

	1. Stay at home if you feel sick or have a bad cough
	2. Shower (at home) before and after training
	3. Wear a face mask when travelling to and from training. Especially when using public transport

	<p>4. Do not borrow or share things such as;</p> <ul style="list-style-type: none"> ○ shin pads ○ goalkeeper gloves ○ or water bottles. <p>Bring your own.</p>
	<p>5. Use the hand sanitiser provided, before and after training</p>
	<p>6. Cough and sneeze into your elbow</p>
	<p>7. Try to stay 2 meters away from each other</p>
	<p>8. Do not hug, high five or shake hands with your teammates or coaches</p>
	<p>9. Do not touch, pick up or moved equipment, such as cones or goalposts. Do not pick up the football</p>
	<p>10. Leave once training has finished and go straight home</p>