



HARROGATE GATEWAY FC RETURN TO FOOTBALL

We hoping to return to football soon.

In order to keep you safe at training, we have made some changes to the way we host our training session. We have also provided some guidance to help you.

First of all, St Aidan's is still closed so are likely to be using Rossett Sport Centre
The sessions will be outdoors, so they may be affected by the weather

BEFORE YOU START TRAINING AGAIN

Before you start football training again, you must read the information that you have been given about restarting football. This will help to keep you, your team-mates and your coaches safe.

You must also complete and return the **COVID-19 Return to Activity Health Form and Code of Conduct to us as soon as possible.**

You will not be permitted to train until these forms are handed in

BEFORE YOU SET OFF

- if you have a cough, cold or feel unwell then you must not attend training
- if you are showing symptoms of the virus or have been in contact with someone displaying symptoms within the last two weeks, then you must not attend training
- You must have a wash or shower before you come to training
- please make sure that you get changed into your football kit at home, before you set off. Do not change at Rossett.
- if you have already been given a training bib, you must bring this with you.
- Please remember that shin pads, goalkeeping gloves, etc will NOT be available to borrow
- ensure you take your own water bottle that is clearly recognisable (put your name on it)
- You must have arrangements in place to return home if you become ill or if training finishes early.

TRAVELLING

- everyone must make their own travel arrangements to and from Rossett Sports Centre
- volunteers are not permitted to give lifts to anyone
- parents and carers must not give lifts to others outside their own household
- If you use public transport you should wear a facemask

ARRIVING

- you must arrive at the venue already changed and ready to play
- Remember you must bring your own shin pads (and goalkeeper gloves if you are a goalkeeper) as we can no longer lend you any equipment

- on arrival you must queue for registration in a single file and social distance at least two metres from others.
- you should wear a face mask while queuing
- remember, you cannot stand in groups chatting
- All visitors will need to provide their names and contact details in order to adhere to Contract Tracing requirements

REGISTRATION & SUBS

- Amita will record you on the club register as usual (she will social distance from the desk)
- a box will be provided for you to put your £2 subs in. (she will not handle the money)
- you should have the exact money (£2), as no change will be given
- you are asked to give the subs as two £1 coins or a single £2 coin, so that the money doesn't have to be counted.
- You will have your temperature taken by a non-contact infrared thermometer. (If you have a temperature, you must go home).
- at your first session back, you will be given a training bib which you will keep and take home and wash. Do not hand this back in at the end of training.
- once you have registered and paid your subs, you should go immediately to your allocated pitch (Please don't stop to chat with anyone and keep social distanced).

TRAINING

- when you arrive on your pitch remember to social distance, don't stand in a group
- do not touch any equipment, including cones or the goals.
- do not pick up the ball unless you are in goal
- do not touch or hug team-mates at any time, including goal celebrations

LEAVING

- remember to stay socially distanced as you leave the pitch and the venue
- do **not** hand in your training bib. This must be taken home, washed and brought back next week.

REMEMBER

We are trying to keep everyone safe so that they can play football again.

If we have to keep reminding you to keep your distance, you might be asked to stop coming to football.