



STANMORE JAFFERYS LADIES COVID-19 GUIDANCE - FOOTBALL

In addition to the general Covid-19 guidelines set out in preceding pages, please see further guidelines to be implemented at all Stanmore Jafferys Ladies Football:

- Competitive training is now permitted, with groups limited to a maximum of 30 people, including coaches.
- Competitive match play is permitted, with social distancing in place before and after the match, and in any breaks in play.
- Please bring your own clearly marked water bottle and hand sanitiser
- To keep everyone safe, we will be using social distancing when warming up and cooling down and during breaks in play keeping 2m between each person and minimising personal contact.
- Groups of 6 for these specific activities will be communicated prior to the session so please go straight to your group upon arrival
- Please sanitise your hands regularly throughout the session. You may wish to wear a face mask and gloves but this is not compulsory when outdoors
- No bodily contact, including team huddles, handshakes, high fives and goal celebrations
- Avoid shouting and spitting
- Take set pieces quickly to minimize the time spent close marking
- Retrieve the ball with your feet not your hands. Where the ball is handled during throw in, it should be sanitized before contact is made
- Spectators at youth training sessions must be socially distanced