

Players Home Game Guide April 21

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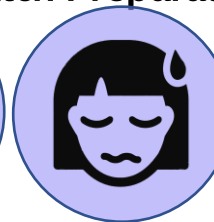
ANCHORIANS FC



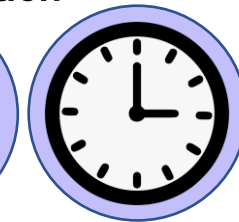
Read all the current guidelines and risk assessments.



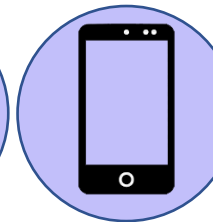
Familiarise yourself/player with the guide.



If you/player is feeling unwell **please do not come to the match.**



Ensure you leave in plenty of time to arrive on time.



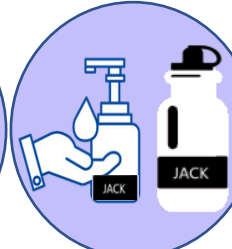
Coaches have your contact/emergency details.



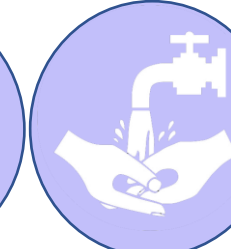
Before You Leave For The Match



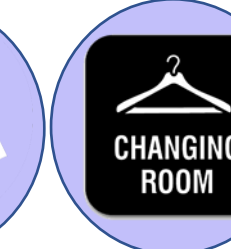
Wear a clean kit.



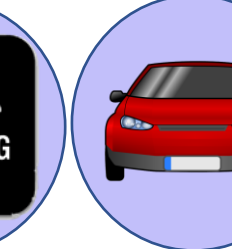
Bring a small bottle of sanitiser & a sealed water bottle with your name on them.



Wash your hands with soap & water for 20 seconds.

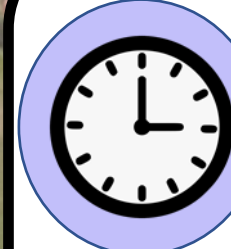


Come in your kit, as the changing rooms will be closed



Travel with just you/members of your household. **No car sharing.**

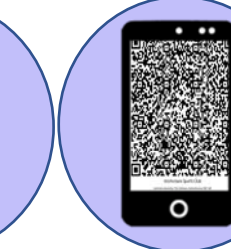
Upon Arrival For The Match



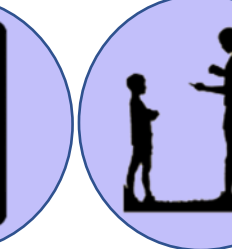
Arrive no early than 30 minutes before your game.



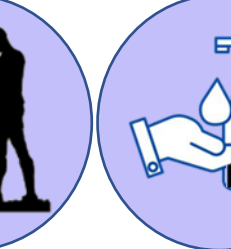
Walk to the pitch maintaining social distancing, put your hand sanitiser/drink behind a cone. Sit/stand outside the cone.



You/parent/carer will need to scan the NHS Test & Trace QR Code, that are dotted around the grounds.



Listen to your coach who will give a safety briefing about the new guidance and what is expected of you.



Make sure you sanitise your hands regularly & before you go onto the pitch.

During The Match



Maintain social distancing when not on the field of play. Includes half time & drinks breaks.



Do not shout in near proximity to someone.



Do not retrieve the ball with your hands (use your feet) unless you are taking the throw.



Cover your nose & mouth with your sleeve or tissue when you cough or sneeze. No spitting.

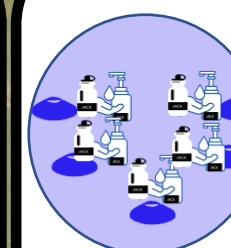


Goal celebrations with your team mates must be avoided, along with hand to hand contact.

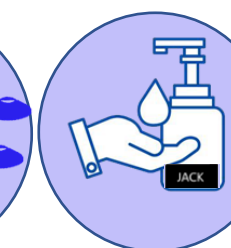


If you require First Aid, your coach can administer if agreed, or call parent to administer. Emergency - coach will apply PPE & assist parent with first aid. Players to return to safe zone.

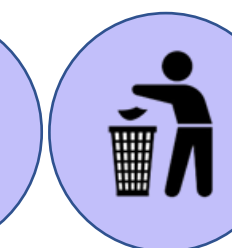
After The Match



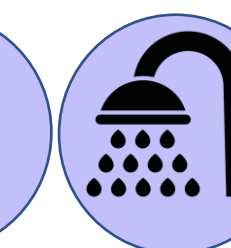
Return to safe zone.



Use your hand sanitiser.



Take all your rubbish with you upon leaving the grounds.



When you return home, have a shower and put your kit in the wash.