



Leighton Park
Rangers F.C.



www.leightonparkrangers.com

Leighton Park Rangers Return to Training 09/06/2020

Following the Governments' announcements, Guidance issued by Beds FA and a Committee Meeting, Leighton Park Rangers will support older age group teams who decided to return to training.

The safety of our players, coaches and parents/guardians is paramount and teams returning to training must adhere to the following:

1. Coaches to produce a risk assessment and pass it to the Parents, Chairman and Secretary prior to conducting a training session.
2. Coaches must receive completed training content forms from all parent/carers for children who will attend training:
<https://leightonparkrangers.com/training-consent/>
3. Players will be placed in groups no larger than 5 children.
4. 1 parent/carer must remain for each child attending training. They will be asked to view from specific areas which will be a minimum of 10 meters away from the training session. Parents/Carers must observe 2-meter social distancing.
5. Players and Parents/Carers will be given instructions prior to arrival. This should include; which coach they are grouped with, how the session and restrictions will work and so that travel/ access to the session does not contravene guidelines.
6. All drills must be strictly non-contact
7. Players will have their own 'kit stations' for their water bottles, boot bags etc. These stations will be laid out a minimum of 2 meters apart.
8. Players will also have their own 'training stations' (not to be the same as the kit stations) These stations will be laid out a minimum of 2 meters apart.
9. Coaches will have their own 'coaching station', this will be a minimum of 2 meters away from all participants at all times.
10. The sharing of water bottles will be strictly banned, unless sibling use is approved by parents/carers.
11. All setting out, collection and putting away of equipment is to be done by the lead coach only.
12. Equipment to be sanitised upon completion of coaching sessions.
13. Players must not touch the footballs with anything other than their boots.
14. Players/Parents/Carers are strongly encouraged to sanitise players boots after a session.
15. The first aid equipment will be given its own 'station' 2 meters away from the session and other stations.
16. In the event of first aid needing to be performed for minor injuries treatment will be administered by parents/carers.
17. If a parent/carer/child or anyone from a player's household is showing signs or symptoms of COVID-19 please do not attend training, inform the coach and follow the governments guidelines for isolation.