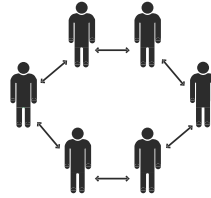


Players are permitted to resume low-contact training outdoors with a focus on improving skills and fitness.



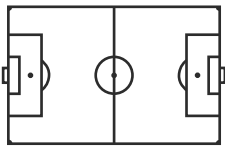
You are allowed to play football in groups of up to 6 people (including coach).



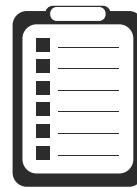
You must continue to stay 2 metres apart, to ensure the safety of others. No contact training will be permitted i.e. no tackling or marking.



Intra-club matches, friendly or competitive fixtures are NOT permitted.



Outdoor training area = 1 football pitch (min. 90x45m) per 30 players and coaches. Sharing of training areas is not permitted between clubs.



Clubs will need to complete a COVID-19 risk assessment before returning to training.

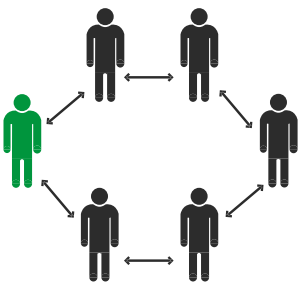


Wash your hands before and after all training. Sharing of equipment should be kept to a minimum and used only when you have to.

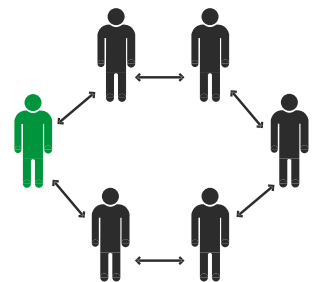


Clubs will need to adhere to FAW Safer Return to Training protocols to resume training. Clubs should also contact their facility provider in advance of returning to train.

## TRAINING | 6 PEOPLE INC. COACH



It is allowed for coaches to arrange training sessions that has groups of 6 involved (including coach). Maximum of 5 groups of 6 (total = 30) on 1 training area.



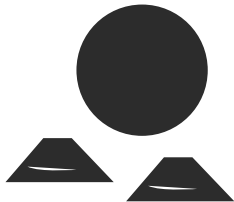
# YOU CANNOT TRAIN FOR 14 DAYS IF...



- You have been unwell and felt any symptoms of the flu.
- You have been in contact with someone who has COVID-19 or is feeling symptoms of it.
- You have had any respiratory symptoms; even mild.



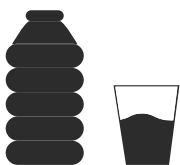
## FOOTBALL CLUB | HYGIENE



- Make sure that all surfaces and equipment is wiped down before and after each training session.
- Including pitch entry areas and any other high touch points including balls and cones.
- Make sure to always use anti-bacterial disinfectant wipes or soaps when cleaning.
- Hand sanitiser dispensers must be provided around the venue and entry points for all players and staff.



## COACHES & PLAYERS | HYGIENE



- Wash hands with hand sanitiser immediately before and after training and during scheduled breaks in training.
- Do not spit at any time.
- Do not share drink bottles and players clearly label their own bottle.
- Players to take their training bib or any other items worn/used during training, home to wash individually.
- Clip boards and pens not to be shared.
- Shower at home before and after training.



**FOR THE LATEST COVID-19 ADVICE AND INFORMATION, GO TO:  
[HTTPS://GOV.WALES/CORONAVIRUS](https://gov.wales/coronavirus)**

