



# Progressive Goalkeeping

## PGK Training Guidelines

### Training Session Outline

- 2 groups of 4 players, plus two coaches at any one time (10 people in total)  
Or one group with maximum of 5 players with one coach (6 people in total)
- 1 hour training sessions
- There will be a 15mins gap between sessions to avoid cross over of groups
- No lingering of players after their sessions  
Or entry of players whilst there are sessions in progress or players are still in the facility
- No use of change room facilities will be available
- No sharing of equipment during sessions
- Balls and equipment to be sanitised after each session
- No practices that involve contact between players.
- All people are to sustain social distancing.
- Sessions are to be planned, set up and conducted with social distancing in mind.
- No physical contact including; greetings, celebrations or in the coaching process.

### Booking

- The sessions will only to those who book prior to the session
- All sessions must be booked and paid for through the online system prior to the session
- All players will be signed in and out

### Process

- Head to our website
- Click on the book your session button
- Follow the instructions to book into your desired sessions
- Look for the session details (that are not invite only) that best suit your age and level

Those looking to enter into the **Advanced (INVITE ONLY) sessions**, must first consult with Ken to make sure that there is a session best suited to you.



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## Parents / Guardians

- Must have downloaded the COVID 19 App and have it active
- Anyone who has travelled overseas in the last 14 days must isolate
- Anyone who feels sick or shows symptoms of COVID 19 must stay home
- Drop off of players will be in the carpark (next to the football field), Enter at the walkway between the two buildings
- Enter the facility through the side gate next to the PGK building
- Players will exit through the bottom end gates
- Players to be picked up by the bollards at the top of the walkway leading down from the car park.

## Players

- If you are unwell you must not attend unless cleared to do so
- You must arrive in your training gear; no bags are to be brought inside the facility
- No change rooms will be made available
- Drink bottles must be labelled with your name
- You are to use only your drink bottle
- Upon entry, you must wash and sanitise your hands before anything else
- You must also wash and sanitise your hands if you have handled anything without your gloves on
- Upon finishing training, you must wash and sanitise your hands before exiting the premises
- No spitting, including on the ground or on your gloves
- No handshakes, physical greeting or celebration
- You must maintain social distancing from others in the training environment and as you enter and exit the facility