



## **Brighton & Hove Scorpions AFC -COVID-19 Rules for Practice**

- 1. Players and Coaches with Covid-19 symptoms (or are living with anyone that has symptoms or thinks they might have the virus) are NOT allowed to Practice**
- 2. Only players with a signed Covid-19 form will be allowed to train**
- 3. All players will have their temperature taken by the Covid-19 Officer with a Non-contact Infrared Thermometer. Any player registering a temperature of 37.6 C or above will not be permitted to train**
- 4. Players must wait at the London Road side of Surrenden Field at least 2m apart, the session coach will come to collect the player and direct them to the training area**
- 5. Practice can only take place in the Designated Areas on the Pitch**
- 6. Players will be split into groups at the start of the session (players must remain in their group bubble throughout the session)**
- 7. Players MUST keep 2 metres apart from other Players/Coaches at all times**
- 8. Although Masks are not compulsory for Players they can wear their own**
- 9. Players and Coaches MUST sanitise hands/gloves in front of the designated Session Head Coach when instructed**
- 10. If gloves are worn then removed at any point, the Player or Coach must sanitise hands and gloves again (as above)**
- 11. No Flags, Belts, shoulder pads or helmets will be used in Practice; there will be no tackling at any point**
- 12. Players MUST NOT bring their own footballs, belts, shoulder pads, helmets, GUM SHIELDS or any other personal equipment other than suitable clothing and footwear plus any medication and water**
- 13. Practice will consist of fitness & stamina training, technical drills, and where appropriate limited football drills**
- 14. Players and Coaches MUST bring their own Water**

We will operate a Three Strike Rule. If a Player (or Coach) breaks a rule once, we will explain what they did wrong and not to repeat it. If they break a rule again, they will be re-educated about the rule and why it is important to follow the rules AND get a Final Warning. If they break a rule again, the player will be escorted from the Practice Area and parent/carer contacted to pick them up. Equally if a coach breaks the rules the supervising coach will take over the session.