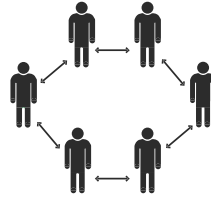


Players are able to take part in training outdoors with contact training i.e. tackling and marking now permitted.



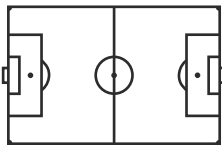
You are allowed to play football in groups of up to 15 people (including coach).



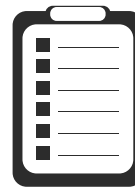
Social distancing for players aged 12 and over must be maintained before and after training and during breaks.



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



Sharing of training areas is not permitted between clubs at the same time.



Clubs will need to complete a NEW COVID-19 risk assessment before training under phase 2 protocols.



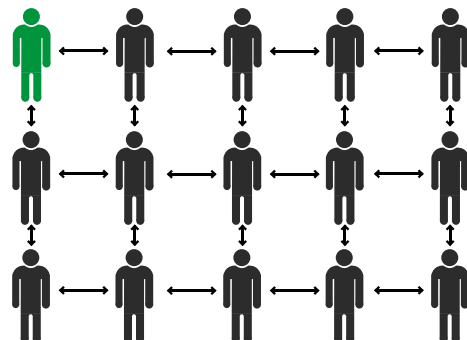
Wash your hands before and after all training. Sharing of equipment should be kept to a minimum and used only when you have to.



Clubs should share amended Safer Return to Training Phase 2 protocols across their playing, coaching, parent and facility network.

## TRAINING | 15 PEOPLE INC. COACH

It is allowed for coaches to arrange training sessions that has groups of 15 involved (including coach). Maximum of 2 groups of 15 (total = 30) on 1 training area.



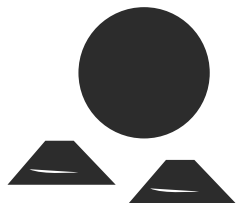
# YOU CANNOT TRAIN IF...



- Have been in contact, or exposed to someone, with COVID-19 or a suspected COVID-19 case in the last 14 days –further guidance available here.
- Have been asked to isolate by a Test, Trace and Protect service.
- Have a new continuous cough.
- Have a high temperature.
- Have a loss of or change to your normal sense of smell or taste (anosmia).



# FOOTBALL CLUB | HYGIENE



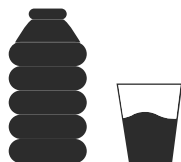
- Make sure that all surfaces and equipment is wiped down before and after each training session.
- Including pitch entry areas and any other high touch points including balls and cones.
- Make sure to always use anti-bacterial disinfectant wipes or soaps when cleaning.
- Hand sanitiser dispensers must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

**FOR MORE INFORMATION AND SUPPORT ON PHASE 2 PROTOCOLS PLEASE VISIT:**  
[HTTPS://WWW.FAW.CYMRU/EN/COVID-19/](https://www.faw.cymru/en/covid-19/)

