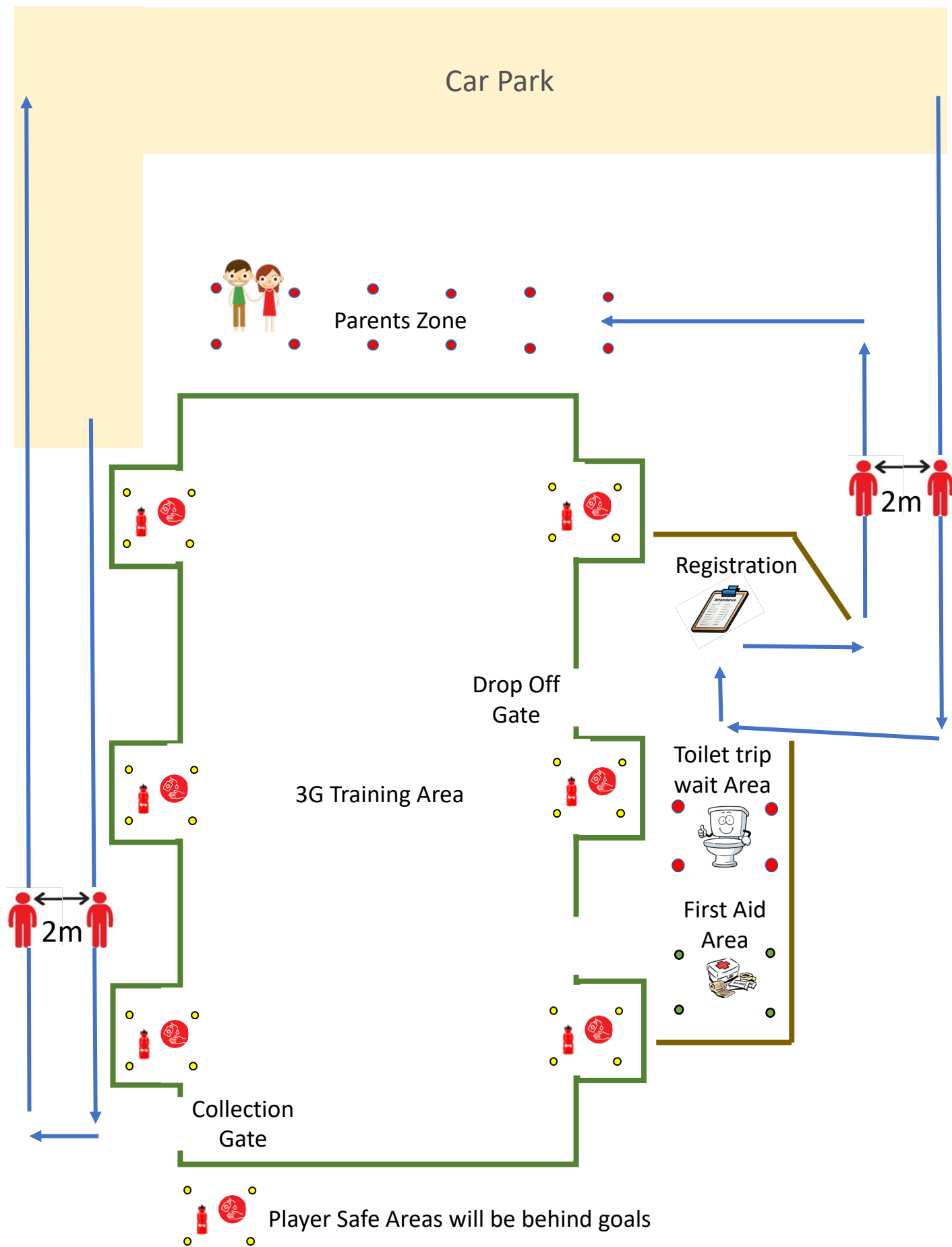


VGFC – 3G Training ground layout

Please refer to our “Parent guide to training”



VGFC - Parent Guide to Training

Before Training



Your daughter will need her own hand sanitiser clearly marked with her name



All players will need to bring a filled water bottle clearly marked with their name



Please try to get your daughter to use the loo before leaving home. Toilets are available but we want to try and minimise visits

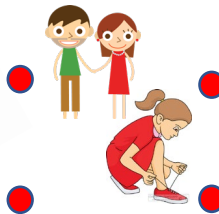


You and your daughter will need to wash your hands with soap and water before leaving home

Arriving at Training



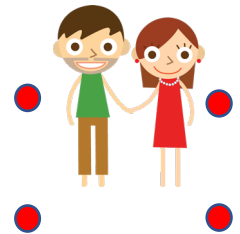
Check contact details and sign in. **Please note** only players that have registered for the session will be able to join in



Once signed in please go to "Parents Zone" and check your daughters laces. **Coaches can not help due to social distancing**



When your coach sees you, your daughter will be given a thumbs up to leave the parents zone and move into her "safe area" marked out by yellow cones



Please observe the session from the "Parent zone" marked out by red cones. One parent in each square unless from same household

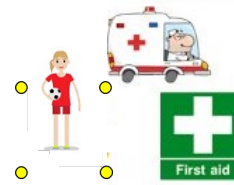
During Training



All players will be kept 3 steps away from each other. This is roughly two metres apart



If your daughter requires basic first aid treatment they will be sent to the "First Aid Area"



If your daughter has a serious injury the coach will send all the other players to their "safe areas"



We have female CRB checked helpers to manage the toilet trips if needed.

After Training



Your daughter will return to their "safe area" collect their belongings and sanitise their hands



Give your daughter a "thumbs up" to show that you have seen them. The coach will see this and indicate that they can leave



Sign your daughter out on the register and use the comment section for any feedback



Go to [verwoodgirlsfc.com](https://www.verwoodgirlsfc.com) and register for next week!

VGFC - Player Guide to Training

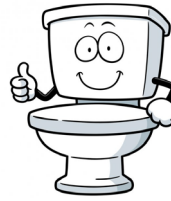
Before Training



Bring your own hand sanitiser clearly marked with your name



Bring your own filled water bottle clearly marked with your name



Try to go to the loo before leaving home



Wash your hands with soap and water before leaving home

Arriving at Training



Wait with your parents. Tie your laces before starting training or ask your parent to help. **Your coach can not help!**



Wait for a thumbs up from your coach to move into your "safe area"



Put your belongings into your "safe area" marked out by yellow cones

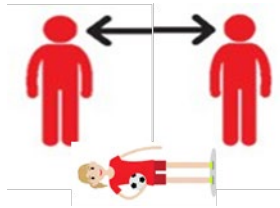


Apply some hand sanitiser and wait for your coach to tell you what to do next

During Training



Do not touch any equipment with your hands. Including footballs!



Remain 3-4 steps apart from anyone else (imagine the height of a coach on the ground)



Cover your mouth and nose with a tissue or sleeve when you cough



Put your tissue straight in the bin then use your hand sanitiser

After Training



Return to your "safe area" collect your belongings and sanitise your hands



Apply some hand sanitiser and wait for your coach to tell you what to do next



Get a "thumbs up" from your parent and coach before leaving the "safe area" to go home



Go to verwoodgirlsfc.com and register for next week!