**Quick Ref Guide for Players/Parents/Carers**

**Bathgate Thistle CFC** would like to make available this quick reference guide available to players and parents/carers to help keep everyone safe leading up to, during and after sessions.

All participants are encouraged to consider everything they do relating to hygiene, health and safety as they prepare for, participate in training activity..

**PLAN & PREPARE**

* Ensure you have read and agreed to the conditions before attending any training sessions and discuss any concerns with your team officials.
* Remember to come to training already in training gear along with your own personal items which should be clearly marked.
* Fully understand your training start and finish times before leaving as we are trying to cut down any congestion at entry/exit points.
* Players must arrive at their session no earlier than 5 minutues before their start time.
* Let your coaches know if you will be attending or late to any training sessions.
* Arrive on your own, or if necessary, with one other person to help you.

**DURING TRAINING**

* Parents must keep outside of the 3G training facility in viewing areas and distance themselves from any of the other grass park areas.
* Follow the instructions provided by your team officials, COVID Coordinator or Committee members present during training or around the area (they are there to help)
* Players must stay within their assigned areas at all times (no crossing over pitches)
* Remember to visit the toilet before you leave to training as currently no toilet facilities will be available until further notice.

**END OF SESSION**

* Make sure you are following the direction from your officials particularly around entry and exit areas and if unclear please ask for help or clarification from an official.
* Players should help the coaches to ensure your area is fully clear of all items including training equipment, bottles, etc at the end of your session.
* Ensure at end of session all players and officials use the proper exits in an orderly fashion considering guidelines regarding social distancing protocols.

If unclear please ask for help from any of your direct teams officials or if a there is a COVID Coordinator or Exec Committee Official on hand, as they are there to help everyone stay safe but also need everyone to act responsibly and play their part.