



Gala CC Return to Training Reminders

General

- Please do not come to training if you have symptoms consistent with those of Covid 19 or someone in your household has been experiencing symptoms. You should also not attend training if you have should be self-isolating, in line with Scottish Government guidelines.
- A minimum of 2m social distancing must be maintained at all times and there should be no physical contact with other participants.
- Please ensure that your travel to the session meets Scottish Government guidance on travel: <https://www.gov.scot/publications/coronavirus-covid-19-guidance-on-travel-and-transport/>

Arrival

- Please arrive to the ground no more than 10 minutes before training is due to commence, changed and ready to start.
- Please ensure that you have sanitised your hands-on arrival to the ground and that you have all your own kit with you.

Facilities Access

- Access to the clubhouse will be limited for essential training equipment only and for first aid supplies.
- Toilet access will be permissible once the water is switched back on in the clubhouse.
- Only one person should access the clubhouse at any given time- this should be limited to a designated key holder, where possible.

During Training

- Two metre distance should be maintained at all times during practice.
- Shared equipment, including balls, should be avoided, where possible.
- Regular sanitising of hands should take place throughout the session.
- No licking of fingers or of cricket balls is permitted.

Post-Training

- All stumps, cricket balls, cones etc should be sanitised for the next group.
- Participants should not congregate after practice