

Chelmsford City Walking Football – Player Training Guide

Players should **Not** attend a training session if they or a household member is suffering from any potential Covid symptoms



Players and spectators should remain socially distanced in the carpark area and while watching training session at pitch side



All players are registered for training, but we ask that everyone attending a training session registers on the NHS app with their smart phone. A CCWF poster with QR Code is provided on the 3G entrance gate



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All players must wear shin pads during training games and any walking football tournaments



Players should remain socially distanced when training, playing walking football training matches and during any breaks in play



The ball must not go above head height (6 feet) during open play or when shooting or scoring a goal



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Players must not show any dissent towards referees, acting referee or official during training, when playing in a tournament or watching at pitch side



No holding a player or their clothing. Players must remain socially distanced at all times



Hand sanitiser is available to all players attending training. It is good practice to regularly sanitise



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Players must sanitise their hands if they make contact with any equipment. Goal keepers must provide their own gloves



No tackling opponents from the side, from behind, through legs or make 50/50 tackles. Players must remain socially distanced at all times



If a player is on the ground, he should not attempt to play the ball



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No backing into a player by walking backwards with the ball. Players must remain socially distanced at all times



No running by players during open play or when the ball is out of play before a restart



Running is where a player has both feet off the ground



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A player who has both feet on the ground is not running



Players who have one foot on the ground are not considered to be running



Players must not barge or push another player at any time. Direct contact is to be avoided

