



CHANGING ROOM / SHOWER POLICY

1. All players must arrive at the club in playing kit. Where possible bags and changes of kit should remain in players' vehicles until after the game.
2. Only 1 home team and 1 away team will have access to the changing rooms for 1 hour after a match has been played.
3. Changing rooms 1 & 2 are for the use of the home team and rooms 3 & 4 are for the use of the away side.
4. Access to the changing rooms and the showers will be staggered to ensure that social distancing is maintained.
5. 3 players will be initially allowed into each changing room and given 15 minutes to shower and change.
6. Another 3 players will be allowed access after 7.5 minutes by which time the initial 3 players will be using showers 1, 3 and 5 in each changing room. Showers 2 and 4 are taped off and are not to be used.
7. The next wave of 3 players will not be allowed access to the changing rooms until 3 players have gone outside the building.
8. The rota will continue until all players that wish to shower and change have done so.
9. Players from the home side that live near to the club will be encouraged to go home to shower and change.
10. The changing rooms and showers will be cleaned thoroughly after each team's use.

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