

**SCOTTISH FA**

**PHASE 3  
RETURN TO TRAINING**

**GUIDANCE FOR GOALKEEPERS**

**7 AUGUST 2020**



# RETURN TO TRAINING – GOALKEEPERS

The following information should be followed in conjunction with the existing 'Return to Training Guidance' for goalkeepers of **all ages** taking part in training sessions.

Goalkeepers can train individually or within shooting practices with outfield players given the following is adhered to:

- GK's can work on GK specific skills individually using their own marked or designated football.
- GK gloves **MUST** be worn at all times and never exchanged.
- NO spitting on gloves.
- GK's should avoid touching their face with gloves at all times .
- Feeding of the ball is allowed from those wearing gloves or the foot of another player course design.
- GK's footballs and gloves **MUST** be sanitized before and after use.
- Children and young people (5 to 17) **ONLY** can also participate as GK's in training games within training sessions.
- Adult GK's (18+) however **MUST** remain physically distant at all times and adhere to permitted group numbers.
- GK Coaches must also wear gloves and remain physically distant of players at all times and for all age groups.
- Goalposts: sanitize/wipe down goalposts before and after training and avoid where possible touching goals.



Visit: [scotfa.co/ReturnToFootball](https://scotfa.co/ReturnToFootball)