

LOUGHREA RFC TRAINING / MATCH ATTENDANCE LOG



Activity <small>(Training/Match)</small>		Date	/ /
Location <small>(Home/Location)</small>		Age Grade	
Compliance Officer			

PARTICIPANTS

1.		21.	
2.		22.	
3.		23.	
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GENERAL NOTES

Players Must Ensure That They:

- Don't Share water bottles, sanitiser and/or other personal items.
- Wash/sanitise their hands immediately before and after training
- Don't spit or clear nasal passages on the pitch
- Ensure that their laces are tied properly, if needs be double knotted or taped.
- Keep their Gumshield in their mouth, and avoid touching it, it's not a chew toy.
- Adhere to social distancing measures
- No horseplay
- Do not shake hands, fist bump or high five
- If you feel unwell, notify your coach immediately