

COVID19 - Safe Return to Play -Training Schedule - Ratified by Pitch Committee 26/6/20

This is a temporary schedule, and all time slots are subject to the Pitch maintenance Committee instructions /guidance.Further guidance on Pitch bookings for games will issue in coming week

All mentors need to be aware that any repetitive activity which causes damage to the main pitch, will reduce the pitches availability for all, while this damaged area has to undergo pitch repair. All mentors are asked to ensure that they have their sessions well planned and there is good rotation of pitch areas for their drills > All running / turning drills to be conducted on training pitch where possible

PITCH COMMITTEE RULES

- 1) No cone rounding/ turning drills on Main Pitch
- 2)All bottles to be clearly identifiable (player name/initials) and removed from pitch/dugouts at end of training sessions
- 3) No Dogs allowed on pitches
- 4) Close all gates after training session /games finished

Main Pitch Training Pitch Raised Sideline Area

Monday	4			5			6			7			8			9		
	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45
U11s/12s																		
U13s/14s																		
U7/8 L																		
U11/12 L																		
U13/14 L																		
Tuesday	4			5			6			7			8			9		
	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45
U15s/U16s & Minors																		
U11/12 L																		
U15/16 L																		
U18L & Intermediates																		
Senior/U21s/Jun B/17s18s																		
Athletics																		
Wednesday	4			5			6			7			8			9		
	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45
U9s/10s																		
U9/10 L																		
U13/14 L																		
Thursday	4			5			6			7			8			9		
	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45
U11s/12s																		
U13s/14s																		
U15s/U16s/17s18s																		
Athletics																		
Friday	4			5			6			7			8			9		
	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45
U15/16 L																		
U18L & Intermediates																		
Senior/U21s/Jun B/17s18s																		
Saturday	9			10			11			12			1			2		
	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45
U9s/10s																		
U9/10 L																		
Sunday	9			10			11			12			1			2		
	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45
Senior/U21s/Jun B/17s18s																		