

# Stewartry RFC - Guide to Safe Training

## Individual Training / Stewartry Mile

### Book

- Book your training slot at [www.stewartryrugby.co.uk](http://www.stewartryrugby.co.uk)
- Follow the instructions
- Follow the most up to date government guidelines



### Train

- Use the facilities appropriately
- Follow appropriate hygiene protocols
- Use your own equipment at all times



### Depart

- Follow the one way system
- Depart in a timely manner

## Team Training

### Register

- Register with your coaches
- Go to your designated training area
- Follow the one way system



### Train

- Follow the coaches guidance
- Follow appropriate hygiene protocols



### Depart

- Follow the one way system
- Depart in a timely manner

