

# The Brunswick Club for Young People

## Lockdown 2021 – Family Football

Hi everyone. From Wednesday 20<sup>th</sup> January 2021 we will once again be opening the football pitch so that families can exercise in a safe environment during this latest lockdown period.

The nursery is still running, so there will be limited midweek slots available. The slots that you can book through the week and weekend are listed below:

### Mondays – Fridays

4pm-5pm, 5pm-6pm, 6pm-7pm & 7pm-8pm

### Saturdays & Sundays

12pm-1pm, 1pm-2pm, 2pm-3pm, 3pm-4pm, 4pm-5pm

5pm-6pm, 6pm-7pm & 7pm-8pm

Anyone booking the pitch MUST adhere to government restrictions regarding outdoor exercise. This will be STRICTLY enforced. I will be checking!!! You can only exercise outdoors:

- 1) **by yourself**
- 2) **with the people you live with**
- 3) **with your support bubble (if you are legally permitted to form one)**
- 4) **in a childcare bubble, where providing childcare**
- 5) **when on your own, with 1 person from another household**

Places will be limited so if you are given a slot please make sure you use it and follow the instructions below:

- 1) Make sure you arrive at your scheduled time and leave at your scheduled time.  
We do not want people mixing more than can be helped so please do not arrive too early or hang around for too long at the end.
- 2) All adults & children must be wearing face coverings when they arrive and depart from the club.  
The coverings can be taken off when exercising but must be kept on if only supervising.
- 3) Please make sure you sanitise your hands in the shelter provided. The toilets will be open so hands can be washed inside as well.
- 4) Please wipe down any club equipment you use with disinfectant wipes. These are provided on the table in the shelter.

If you would like to book a slot under the conditions listed above, please text or call me on 07958 338 113. Please DO NOT email me or leave messages on the website. We will of course try our best to accommodate everyone that would like to attend but hope you understand that this may not be possible.

### Session Suggestions

You are obviously welcome to spend your time on the pitch as you would like. However, you might like to make a competition with the person(s) you are exercising with. You can use games that we have used at training and football fun days/weeks. Here are some suggestions:

- 1) Penalty shoot-outs (normal, weaker foot, one step, call out). First to ten.
- 2) Kick ins. First to ten
- 3) Closest to the half-way line. First to ten.
- 4) Crossbar Challenge.
- 5) Knock Out. First to ten

I am sure you can think of many more, these are just ideas to hopefully make your session more enjoyable. Have fun!!!

Please get in contact if you have any questions, comments, or concerns. Thank you.