

Before You Leave Home



WEAR A CLEAN KIT



BRING YOUR OWN (SMALL) HAND SANITISER.
PUT YOUR NAME ON IT.



BRING YOUR OWN DRINK.
PUT YOUR NAME ON IT.



WASH YOUR HANDS WITH SOAP AND WATER. (20 SECONDS)
BEFORE LEAVING FOR TRAINING.



Ask your parents to check your Temperature

During Training



TIE YOUR LACES OR ASK YOUR PARENT TO HELP.
YOUR COACH CANNOT HELP.



GET A THUMBS UP FROM YOUR COACH TO MOVE INTO THE 'SAFE AREA'.



PUT YOUR BELONGINGS IN YOUR 'SAFE AREA'.



APPLY SOME HAND SANITISER.



YOUR COACH WILL TELL YOU WHAT TO DO NEXT.

Do Not Touch the Equipment With Your Hands



If you Need to Cough or Sneeze use a Tissue or your Sleeve.

Put any Tissues in the Bin After use



Always stay 2m apart from others, this is about 3 steps

If you hurt yourself, you will be sent to the First Aid Area. Your Coach will guide you through what you need to do. If you have a **BAD INJURY** stay still and your Coach will help



Arrival at Training

Get a Thumbs up from your Parent and Coach before you leave.



Return to your Safe Area and use your Hand Gel



Once The Session Ends