



# SHOLING F.C. – PLAYER GUIDE 2

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TheFA  
Charter  
Standard  
Community  
Club.

## 1. BEFORE TRAINING



FEELING UNWELL?

SPEAK TO YOUR PARENT/CARER THEY KNOW THE SYMPTOMS TO LOOK FOR.



WEAR A CLEAN KIT



GO TO THE TOILET BEFORE LEAVING FOR TRAINING.



BRING YOUR OWN (SMALL) HAND SANITISER.

PUT YOUR NAME ON IT.



BRING YOUR OWN WATER BOTTLE.

PUT YOUR NAME ON IT.



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



ONLY TRAVEL IN A VEHICLE WITH MEMBERS OF YOUR HOUSEHOLD.

TRY TO AVOID PUBLIC TRANSPORT (IF POSSIBLE)

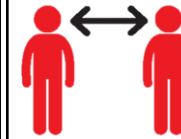
## 2. ARRIVING AT TRAINING



TIE YOUR LACES OR ASK A PARENT/CARER TO HELP.

YOUR COACH IS THE LAST OPTION.

2 METRES



TRY TO STAY 2 METRES AWAY FROM OTHERS AS MUCH AS YOU CAN.



PUT YOUR BELONGINGS IN YOUR 'SAFE AREA'.



APPLY SOME HAND SANITISER.



YOUR COACH WILL TELL YOU WHAT TO DO NEXT.

## 3. DURING TRAINING



5 – 17 YEAR OLDS

CONTACT TRAINING IS PERMITTED DURING THE SESSION.

STAY 2 METRES AWAY FROM YOUR COACH



ONLY TOUCH EQUIPMENT WHEN ASKED.



COVER YOUR MOUTH AND NOSE WITH A TISSUE OR YOUR SLEEVE (**NOT YOUR HANDS**) WHEN YOU COUGH OR SNEEZE.

**NO SPITTING**



PUT YOUR TISSUE IN THE BIN IMMEDIATELY AND USE YOUR HAND SANITISER.

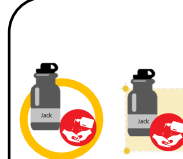


**FIRST AID AREA**

A COACH WILL TRY TO GUIDE YOU THROUGH YOUR OWN TREATMENT. THEY MAY ASK YOUR PARENT TO HELP YOU.

LIFE THREATENING OR SERIOUS INJURIES – COACH ACTS IMMEDIATELY.

## 4. AFTER TRAINING



RETURN TO YOUR 'SAFE AREA' TO COLLECT YOUR BELONGINGS.



APPLY SOME HAND SANITISER.



GET A THUMBS UP FROM YOUR PARENT AND COACH BEFORE LEAVING THE 'SAFE AREA'.



TRY TO STAY 2 METRES AWAY FROM OTHERS AS MUCH AS YOU CAN.