



# SHOLING F.C. – COACH GUIDE 2

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TheFA  
Charter  
Standard  
Community  
Club.

## 1. BEFORE TRAINING



WEAR A  
CLEAN KIT



BRING YOUR  
OWN  
(SMALL)  
HAND  
SANITISER  
AND A  
WATER  
BOTTLE.



COACHING  
EQUIPMENT



FIRST AID KIT  
INCLUDING  
BASIC PPE.

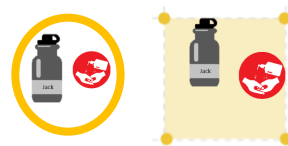


DISINFECTANT  
FOR USE  
PRIOR AND  
POST SESSION.



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

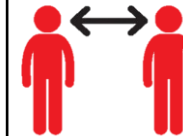
## 3. DURING TRAINING



AS THE PLAYERS ARRIVE, DIRECT  
THEM TO THEIR 'SAFE AREA'.

LEAVE THEIR BELONGINGS HERE.

SANITISE HANDS



STAY  
2 METRES AWAY  
FROM PLAYERS.



TAKE A  
REGISTER OF  
ATTENDANCE  
FOR TEST AND  
TRACE  
PURPOSES.



EXPLAIN CLEARLY THE TASK AND  
CHECK THEIR UNDERSTANDING.

LET THEM BEGIN!

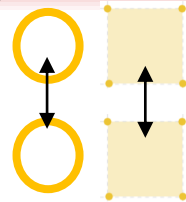
## 2. ARRIVAL AT TRAINING



ASSESS THE AREA  
FOR POTENTIAL  
DANGERS, TAKING  
INTO ACCOUNT THE  
PREPARED RISK  
ASSESSMENT.



APPLY GLOVES AND  
BEGIN TO DISINFECT  
ALL EQUIPMENT TO  
BE USED PRIOR TO  
THE SESSION.

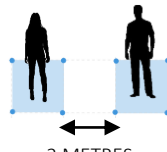


SET-UP PLAYER  
'SAFE ZONES'  
USING  
HOOPS OR CONES.

ENSURE THEY ARE  
2 METRES APART.



ORGANISE A  
CLEAR  
'FIRST AID  
AREA'



2 METRES

ORGANISE A  
CLEAR  
'PARENTS  
AREA'.



SET-UP AND  
ORGANISE THE  
SESSION.



SANITISE HANDS AND  
BE READY TO  
WELCOME THE  
PLAYERS WITH A  
'THUMBS UP' AS THEY  
ARRIVE.

## 4. AFTER TRAINING



ASK THE PLAYERS TO RETURN TO  
THEIR 'SAFE AREA'.

SANITISE HANDS

COLLECT BELONGINGS



2 METRES

STAY ALERT  
AND  
MAINTAIN  
SOCIAL  
DISTANCING  
WHEN  
DEPARTING



ONCE ALL  
PLAYERS HAVE  
LEFT.

DISINFECT  
EQUIPMENT  
POST SESSION.