



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.

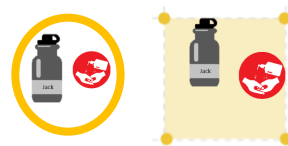


DISINFECTANT
FOR USE
PRIOR AND
POST SESSION.



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



2 METRES

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!

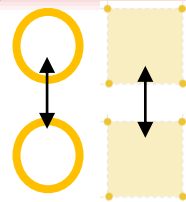
2. ARRIVAL AT TRAINING



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.

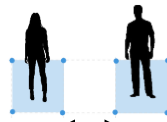


SET-UP PLAYER
'SAFE ZONES'
USING
HOOPS OR CONES.

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



OBSERVE FOR
A PARENT
GIVING THEIR
CHILD A
'THUMBS UP'
TO DEPART.



ONCE ALL
PLAYERS HAVE
LEFT.

DISINFECT
EQUIPMENT
POST SESSION.