

# COVID 19 SUPPORT PACK

## Coach Guidance

### PREPARATION AT HOME



WEAR CLEAN  
COACHING KIT



BRING YOUR OWN  
(SMALL) HAND  
SANITISER AND A  
DRINK



COACHING  
EQUIPMENT



FIRST AID KIT  
INCLUDING BASIC PPE  
(FACE MASK, GLOVES  
AND GOGGLES)



DISINFECTANT FOR  
USE PRIOR AND POST  
SESSION



WASH YOUR HANDS  
WITH SOAP AND  
WATER (20 SECONDS)

BEFORE LEAVING FOR  
TRAINING

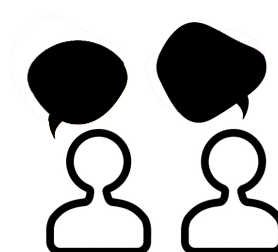
### DURING TRAINING



AS THE PLAYERS AR-  
RIVE, DIRECT THEM TO  
THEIR '**SAFE AREA**'

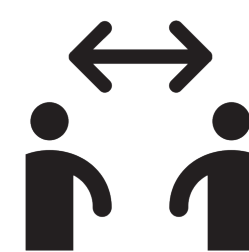
LEAVE THEIR  
BELONGINGS HERE.

SANITISE HANDS



EXPLAIN CLEARLY  
THE TASK AND CHECK  
THEIR  
UNDERSTANDING

**LET THEM BEGIN**



REMAIN 3 STEPS  
APART FROM ANYONE  
ELSE THROUGHOUT

### ARRIVAL AT TRAINING



ASSES 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

ENSURE THEY ARE 2  
METERS APART



ORGANISE A CLEAR  
'**FIRST AID AREA**'



ORGANISE A CLEAR  
'**PARENTS AREA**'



SET UP AND  
ORGANISE THE  
SESSION



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

### AT THE END OF THE TRAINING



ASK THE PLAYERS  
TO RETURN TO THEIR  
'SAFE AREAS'

SANITISE HANDS  
COLLECT BELONGINGS



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



ONCE ALL PLAYERS  
HAVE LEFT

DISINFECTANT  
EQUIPMENT POST  
SESSION