

# COVID 19 SUPPORT PACK

## Player Guidance

### BEFORE TRAINING



WEAR A CLEAN KIT



BRING YOUR OWN (SMALL) HAND SANITISER (WITH YOUR NAME ON IT)



BRING YOUR OWN DRINK (WITH YOUR NAME ON IT)



WASH YOUR HANDS WITH SOAP AND WATER (20 SECONDS) BEFORE YOU LEAVE FOR TRAINING

### ARRIVING AT TRAINING



TIE YOUR LACES WITH PARENTS HELP  
**YOUR COACH CANT HELP**



GET THUMBS UP FROM YOUR COACH TO ENTER SAFE AREA



PUT YOUR BELONGINGS IN YOUR SAFE AREA



APPLY SOME HAND SANITISER



YOUR COACH WILL TELL YOU WHAT TO DO NEXT

### DURING TRAINING



DO NOT TOUCH EQUIPMENT WITH YOUR HANDS



REMAIN 3 STEPS APART FROM ANYONE ELSE



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



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



IF YOU NEED BASIC FIRST AID TREATMENT YOU WILL BE SENT TO THE **'FIRST AID AREA'**  
A COACH WILL TRY TO GUIDE YOU THROUGH YOUR OWN TREATMENT, OR THEY MAY ASK YOUR PARENT TO HELP YOU

**BAD INJURY** - STAY WHERE YOU ARE AND DO NOT TRY TO MOVE. YOUR COACH AND PARENT WILL HELP YOU

### AFTER TRAINING



RETURN TO YOUR 'SAFE AREA'



APPLY SOME HAND SANITISER



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