

# SOCIAL DISTANCING GUIDANCE

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## PLAYER, COACH AND PARENT GUIDANCE

THESE GUIDES ARE INTENDED TO BE A TEMPLATE, PROVOKING THOUGHT AROUND SOCIAL DISTANCING MEASURES. SHOULD YOU WISH TO USE THEM, YOU MAY HAVE TO SUITABLY ADAPT TO YOUR OWN COACHING ENVIRONMENT.

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# RIVER JUNIORS F.C. – PLAYER GUIDE

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## BEFORE TRAINING



WEAR A  
CLEAN KIT



BRING YOUR  
OWN (SMALL)  
HAND SANITISER.

PUT YOUR NAME  
ON IT.



BRING YOUR  
OWN DRINK.

PUT YOUR NAME  
ON IT.



WASH YOUR  
HANDS WITH  
SOAP AND  
WATER.  
(20 SECONDS)

BEFORE LEAVING  
FOR TRAINING.

## ARRIVING AT TRAINING



TIE YOUR LACES  
OR ASK YOUR  
PARENT TO HELP.

**YOUR COACH  
CANNOT HELP.**



GET A THUMBS  
UP FROM YOUR  
COACH TO MOVE  
INTO THE  
'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.

3 STEPS



REMAIN 3 STEPS  
APART FROM  
ANYONE ELSE.



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



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



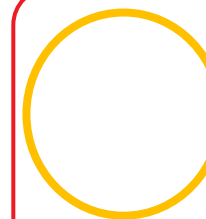
IF YOU NEED BASIC FIRST AID TREATMENT YOU WILL  
BE SENT TO THE 'FIRST AID AREA'.

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'.



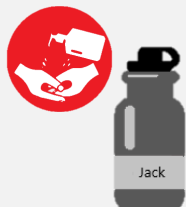
# RIVER JUNIORS F.C. – COACH GUIDE

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## 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 ARRIVE, DIRECT THEM TO THEIR 'SAFE AREA'.

LEAVE THEIR BELONGINGS HERE.

SANITISE HANDS



EXPLAIN CLEARLY THE TASK AND CHECK THEIR UNDERSTANDING.

LET THEM BEGIN!

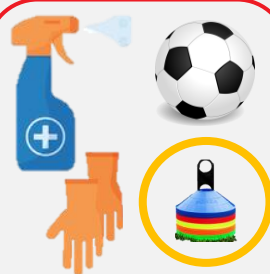


REMAIN 3 STEPS APART FROM ANYONE ELSE THROUGHOUT.

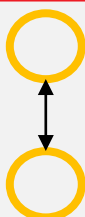
## ARRIVAL AT TRAINING



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



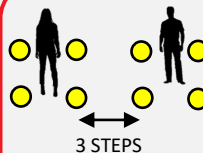
APPLY GLOVES AND BEGIN TO DISINFECT ALL EQUIPMENT TO BE USED PRIOR TO THE SESSION.



SET-UP PLAYER 'SAFE ZONES' USING HOOPS ENSURE THEY ARE 2 METRES APART.



ORGANISE A CLEAR 'FIRST AID AREA'.



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.

## AT THE END OF 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.



# RIVER JUNIORS F.C. – PARENT GUIDE

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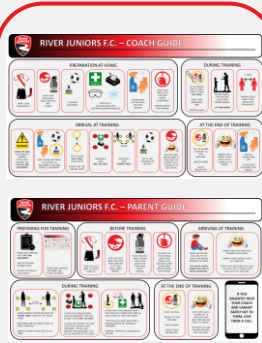
## PREPARING FOR TRAINING



PLEASE READ THROUGH YOUR TEAM **RISK ASSESSMENT**.

SIGN THE TRAINING CONSENT FORM.

RETURN THE FORM TO YOUR COACH.



PLEASE READ THROUGH THE PARENT AND PLAYER GUIDANCE.

## BEFORE TRAINING



YOUR CHILD WILL NEED TO WEAR A CLEAN KIT.



YOUR CHILD WILL NEED THEIR OWN HAND SANITISER WITH THEIR NAME CLEARLY MARKED.



YOUR CHILD WILL NEED TO BRING THEIR OWN DRINK WITH THEIR NAME CLEARLY MARKED.



YOU AND YOUR CHILD SHOULD WASH YOUR HANDS WITH SOAP AND WATER (20 SECONDS) BEFORE LEAVING FOR TRAINING.

## ARRIVING AT TRAINING



PLEASE ASK OR HELP YOUR CHILD TO TIE THEIR LACES BEFORE ENTERING THE VENUE.

**YOU CHILD'S COACH CANNOT HELP DUE TO SOCIAL DISTANCING.**

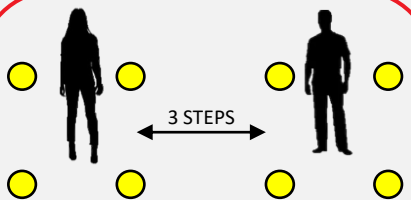


PLEASE WALK WITH YOUR CHILD TOWARDS YOUR COACH.

REMAIN A SAFE DISTANCE AWAY (5 -10 METRES).

WHEN YOUR COACH SEES YOU, YOUR CHILD WILL GET A THUMBS UP TO MOVE INTO THE 'SAFE AREA'.

## DURING TRAINING



PLEASE OBSERVE THE SESSION FROM THE 'PARENT HUBS' SHOWN BY THE YELLOW CONES.

ONE PARENT PER HUB UNLESS FROM THE SAME HOUSEHOLD.

REMAIN IN VIEW OF YOUR CHILD AT ALL TIMES.



IF YOUR CHILD REQUIRES BASIC FIRST AID TREATMENT THEY WILL BE SENT TO THE 'FIRST AID AREA'.

A COACH MAY ATTEMPT TO GUIDE YOUR CHILD THROUGH THEIR TREATMENT, OR THEY MAY REQUIRE YOUR ASSISTANCE. THIS WILL BE INDICATED BY THE COACH.



IF YOUR CHILD HAS A SERIOUS INJURY, THE COACH WILL IMMEDIATELY SEND ALL ABLE PLAYERS TO THEIR 'SAFE AREAS'.

THE COACH WILL APPLY BASIC PPE (IF POSSIBLE) BEFORE ANY EMERGENCY TREATMENT.

PARENTAL SUPPORT WILL BE REQUIRED. DIAL 999

## AT THE END OF TRAINING



YOUR CHILD WILL:

RETURN TO THEIR 'SAFE AREA'.

SANITISE HANDS

COLLECT THEIR BELONGINGS.



GIVE YOUR CHILD A 'THUMBS UP' TO SHOW YOU HAVE SEEN THEM AND ARE READY TO DEPART.

THE COACH WILL SEE THIS AND INDICATE THEY CAN LEAVE.

**IF YOU URGENTLY NEED YOUR COACH AND CANNOT SAFELY GET TO THEM, GIVE THEM A CALL.**