



# DUNDEE WEST F.C. – COACH GUIDE

Copyright © 2020 NEIL ANTROBUS

## 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.



PREPARE TEAM REGISTER FOR TEST & PROTECT. EMERGENCY CONTACTS AVAIL.

## DURING TRAINING



AGREE MEETING POINT FOR PLAYERS AT CHARLOTTE ST.

AS PLAYERS ARRIVE, TICK REGISTER.

DIRECT PLAYERS TO THE 'SAFE AREA' TO LEAVE BELONGINGS & SANITISE HANDS.



EXPLAIN CLEARLY THE TASK AND CHECK THEIR UNDERSTANDING.

LET THEM BEGIN!



REMAIN 3 STEPS APART FROM ANYONE ELSE THROUGHOUT.

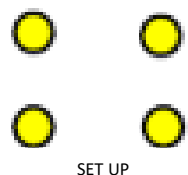
## TRAINING SET-UP



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.

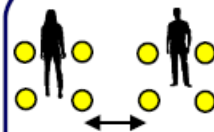


SET UP 'SAFE AREA' USING CONES FOR PLAYERS TO LEAVE BAG & WATER BOTTLE

DIFFERENT AREA FROM COACHES BELONGINGS



ORGANISE A CLEAR 'FIRST AID AREA'.



SET SESSIONS UP IN A MANNER TO ALLOW CLEAR COMMUNICATION BUT TO ALLOW COACHES TO BE 2 METRE SOCIALLY DISTANT FROM PLAYERS



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



ESCORT PLAYERS BACK TO MEETING POINT. IF A PARENT IS PICKING UP A CHILD, OBSERVE A 'THUMBS UP' TO DEPART.



ONCE ALL PLAYERS HAVE LEFT.

DISINFECT EQUIPMENT POST SESSION.



# DUNDEE WEST F.C. – PARENT GUIDE

Copyright © 2020 NEIL ANTROBUS

## 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.



YOUR CHILD SHOULD USE THE TOILET AT HOME BEFORE LEAVING FOR TRAINING

## ARRIVING AT TRAINING



IF YOUR CHILD CANT TIE LACES YET, PLEASE DO THIS FOR THEM

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

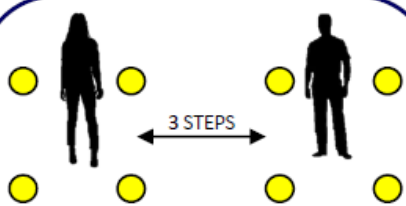


PLEASE WALK WITH YOUR CHILD TOWARDS YOUR COACH.

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



ENSURE YOU SOCIALLY DISTANCE WHEN ESCORTING YOUR CHILD TO AND FROM THE MEETING POINT. ONLY 1 PARENT TO DO THIS

PLEASE DON'T CONGREGATE AROUND THE TRAINING AREA'S OR THE CAR PARK

PLEASE OBSERVE THE SESSION FROM YOUR CAR OR GO FOR A WALK AROUND THE LOCAL AREA.



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.**



# DUNDEE WEST F.C. – PLAYER GUIDE

Copyright © 2020 NEIL ANTROBUS

## 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.



USE THE TOILET BEFORE YOU LEAVE HOME FOR TRAINING

## ARRIVING AT TRAINING



SOCIAL DISTANCING

CHARLOTTE ST WILL BE BUSY! USE COMMON SENSE AND SOCIAL DISTANCE FROM OTHERS BEFORE AND AFTER FOOTBALL



IF YOU CANT TIE YOUR LACES YET, ASK YOUR PARENTS TO DO THIS

**YOUR COACH CANNOT HELP.**



YOUR COACH WILL GIVE YOU A THUMBS UP AND MEET YOU BEFORE MOVING TO THE TRAINING 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.

SOCIAL DISTANCING



PLEASE REM AND SOCIAL DISTANCE FROM YOUR COACH AND ANYONE OUTWITH YOUR GROUP WHO MIGHT BE CLOSE-BY



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.



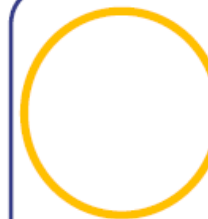
IF YOU NEED BASIC FIRST AID TREATMENT YOU WILL BE SENT TO THE 'FIRST AID AREA'.

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'.

COLLECT YOUR BELONGINGS



APPLY SOME HAND SANITISER.



YOUR COACH WILL ADVISE YOU WHEN TO LEAVE THE 'SAFE AREA'.

IF A PARENT IS PICKING YOU UP, GET A THUMBS UP FROM YOUR PARENT BEFORE LEAVING YOUR COACH