



DRYBURGH ATHLETIC COMMUNITY CLUB – 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.

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.

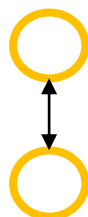
ARRIVAL AT TRAINING



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.

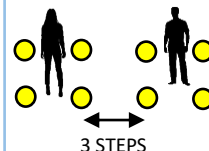


SET-UP PLAYER 'SAFE ZONES' USING HOOPS

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.