



HYTHE & DIBDEN Y.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.



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'.