

HYTHE & DIBDEN Y.F.C. - PLAYER GUIDE

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BEFORE TRAINING



WEAR A CLEAN KIT



BRING YOUR OWN (SMALL) HAND SANTISTER.

PUT YOUR NAME ON IT.



BRING YOUR OWN DRINK.

Jack

PUT YOUR NAME ON IT.



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

BEFORE LEAVING FOR TRAINING.

ARRIVING AT TRAINING



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.



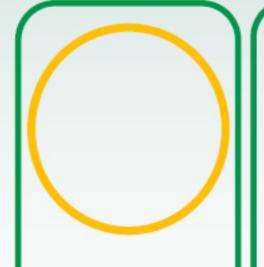
IF YOU NEED BASIC FIRST AID TREATMENT YOU WILL BE SENT TO THE 'FIRST AID AREA'.

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



'SAFE AREA'.



APPLY SOME HAND SANITISER.



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