

MARKET BOSWORTH F.C. – PLAYER GUIDE

PREPARATION (BEFORE TRAINING)



MAKE SURE YOUR KIT IS CLEAN, INCLUDING SHIN PADS AND GOALIE GLOVES (IF APPROPRIATE)



BRING YOUR OWN SMALL HAND SANITISER. PUT YOUR NAME ON IT



BRING YOUR OWN STILL DRINK. PUT YOUR NAME ON IT



WASH YOUR HANDS WITH SOAP AND WATER BEFORE YOU LEAVE HOME.



MAKE SURE YOU'VE BEEN TO THE TOILET BEFORE YOU LEAVE AS THERE WILL BE NO TOILET FACILITIES AT TRAINING

ARRIVAL AT TRAINING...



ENSURE YOUR LACES ARE TIED. COACHES WILL NOT BE ABLE TO ASSIST



WAIT FOR YOUR COACH TO GIVE YOU THE TUNMS UP AND MOVE TO YOUR SAFE ZONE WITH YOUR BELONGINGS

ARRIVAL AT TRAINING



KEEP ALL OF YOUR BELONGINGS TOGETHER IN YOUR SAFE ZONE. SANITISE YOUR HANDS



YOUR COACH WILL TELL YOU WHAT TO DO NEXT

DURING TRAINING



DON'T TOUCH ANY OF THE EQUIPMENT WITH YOUR HANDS. STAY 2M APART FROM ANYONE ELSE AT ALL TIMES



COVER YOUR MOUTH & NOSE WITH YOUR ELBOW OR A TISSUE IF YOU NEED TO COUGH OR SNEEZE. DISPOSE OF TISSUE IN BIN.



IF YOU REQUIRE FIRST AID, HEAD TO THE DESIGNATED MEDICAL AREA, YOUR COACH WILL TRY TO GUIDE YOU OR ASK YOUR PARENT TO HELP. IF MORE SERIOUS YOUR COACH WILL INSTRUCT YOU WHAT TO DO

END OF TRAINING



WHEN THE COACH SIGNALS THE END OF THE SESSIONS, PLAYERS WILL BE ASKED TO RETURN TO THEIRSAFE ZONE, SANITISE THEIR HANDS AND COLLECT THEIR BELONGINGS



GET A THUMBS UP FROM YOUR COACH & PARENT BEFORE LEAVING SAFE ZONE

By bringing your child to training you agree to abide by the rules of the club and accept responsibility for your child. Please contact your age group coach if you have any questions regarding training. Anyone not abiding by the rules will be asked to leave the training session.