



# ASHTON 88 F.C. – PARENT GUIDE

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## 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.

## ARRIVING AT TRAINING



PLEASE ASK OR HELP YOUR CHILD TO TIE THEIR LACES BEFORE ENTERING THE VENUE.

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

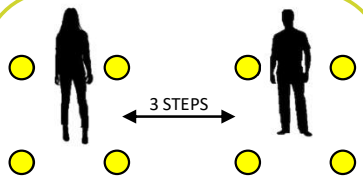


PLEASE WALK WITH YOUR CHILD TOWARDS YOUR COACH.

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



PLEASE OBSERVE THE SESSION FROM THE 'PARENTS AREA' SHOWN BY THE CONES OR RESPECT BARRIER.

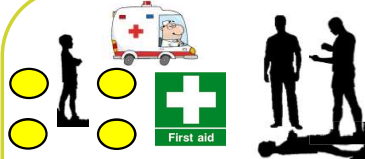
PLEASE MAINTAIN SOCIAL DISTANCING GUIDELINES.

REMAIN IN VIEW OF YOUR CHILD AT ALL TIMES.



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.**