



Raiders Player Guidance



CHARTER STANDARD
COMMUNITY CLUB

Before Training | Home



Wear a **clean kit**



Bring your own **hand sanitiser** with your name on



Bring your own **drink** with your name on



Wash your hands with soap and hot water (20 secs)

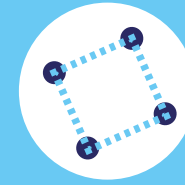
Arriving at Training | Stay 2m apart



Tie your laces
Your coach cannot help



Wait for your coach to let you in to the playing area



Put your belongings in a **specified 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 nose and mouth if you cough or sneeze

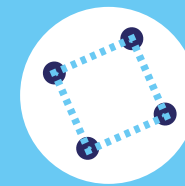


Put tissues in the **bin immediately**



If you require **First Aid**, go to your parents.
In an **Emergency** a coach will apply PPE and support the parent with First Aid

After Training



Return to the **safe area**



Apply some **hand sanitiser**



Wait for your parent to let you leave the safe area