



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)

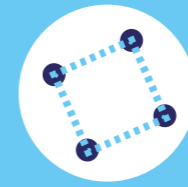
Arriving at Training | Stay 2m apart



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
2m
3 steps
apart
from anyone
else



**Cover your
nose and
mouth** if you
cough or
sneeze



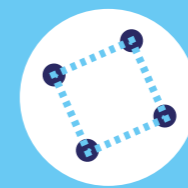
Put tissues in
the **bin**
immediately



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