

## Warrington RUFC - Stage D Training Session Summary

**Information:**

Team/Age Group  
Date  
Start/Finish Time  
Location (inc pitch)  
No. Players (names on register)  
No. Coaches  
DBS checked Coach (safeg.)  
Qualified Coach (supervisor)


**Session Duties:**

Player Register  
Symptom Checker (PROactive)  
Santising kit (gel and spray)  
Equipment cleaning duty  
Time keeping duty  
First Aider (qualified)  
First Aid kit and zones


**Session breakdown:** Warm Up:

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## Skills Zone:

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## Games Zone:

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**Adapted Contact activity:**

Include how many sessions & length of each session  
Please describe equipment sanitisation, hand washing etc  
Was adapted contact limited to unders 3 seconds per contact? How was this managed

<i>This section is mandatory</i>
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## Warm down:

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