



# CHORLEY WANDERERS JFC - PLAYER GUIDE

TheFA  
Charter  
Standard.

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## BEFORE TRAINING



WEAR A  
CLEAN KIT



BRING YOUR  
OWN (SMALL)  
HAND SANITISER.

PUT YOUR NAME  
ON IT.



BRING YOUR  
OWN DRINK.

PUT YOUR NAME  
ON IT.



WASH YOUR  
HANDS WITH  
SOAP AND  
WATER.  
(20 SECONDS)

BEFORE LEAVING  
FOR TRAINING.

## ARRIVING AT TRAINING



TIE YOUR LACES  
OR ASK YOUR  
PARENT TO HELP.

**YOUR COACH  
CANNOT HELP.**



GET A THUMBS  
UP FROM YOUR  
COACH TO MOVE  
INTO THE  
'SAFE AREA'.



PUT YOUR  
BELONGINGS IN  
YOUR  
'SAFE AREA'.



APPLY SOME  
HAND SANITISER.



YOUR COACH  
WILL TELL YOU  
WHAT TO DO  
NEXT.

## DURING TRAINING



DO NOT TOUCH  
EQUIPMENT  
WITH YOUR  
HANDS.

3 STEPS



REMAIN 3 STEPS  
APART FROM  
ANYONE ELSE.



COVER YOUR  
MOUTH AND  
NOSE WITH A  
TISSUE OR YOUR  
SLEEVE (**NOT  
YOUR HANDS**)  
WHEN YOU  
COUGH OR  
SNEEZE.



PUT YOUR TISSUE  
IN THE BIN  
IMMEDIATELY  
AND USE YOUR  
HAND SANITISER.



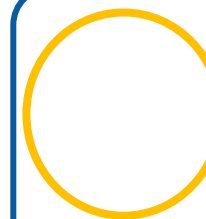
IF YOU NEED BASIC FIRST AID TREATMENT YOU WILL  
BE SENT TO THE '**FIRST AID AREA**'.

A COACH WILL TRY TO GUIDE YOU THROUGH YOUR  
OWN TREATMENT, OR THEY MAY ASK YOUR PARENT  
TO HELP YOU.

BAD INJURY

STAY WHERE YOU ARE AND DO NOT TRY TO MOVE.  
YOUR COACH AND PARENT WILL HELP YOU.

## AFTER TRAINING



RETURN TO YOUR  
'SAFE AREA'.



APPLY SOME  
HAND SANITISER.



GET A THUMBS  
UP FROM YOUR  
PARENT BEFORE  
LEAVING THE  
'SAFE AREA'.