

Arbroath & District Athletics Club – Athlete Guide



BEFORE TRAINING



ARRIVE IN TRAINING KIT AND TRACKSUIT



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 UNLESS TOLD TO DO SO

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'.