



Parent Pre-Session Preparation

Keeping everyone safe

I will help keep everyone safe by...

1 Following all instructions given by the coach.

2 Staying within my bubble.

3 Doing my best to maintain social distancing.



Cleaning my hands with soap and water or hand sanitiser:

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- On arrival
 - After breaks and sport activities
 - Before eating
 - After using the toilet
 - Before leaving



5 Avoiding unnecessary sharing of equipment during the session.

6 Not attending activities if me or my family show signs of being unwell, believe I have been exposed to COVID-19 (within the last three weeks).

