



West Edinburgh Warriors Basketball Club

## Player (& Parent) Guide

### Before Training:

- Wash your hands with soap & water (20 seconds)
- Remember & pack a small hand sanitiser (we will have a club one just incase), please put your name on it
- Remember & bring your water bottle, please put your name on it
- If you have a basketball please bring it, please ensure you have a way of knowing it's yours

### On Arrival:

- Register with coach
- Put belongings in the "safe area" (try to bring only necessary items & wear what you will be training in as no changing facilities)
- Apply hand sanitiser
- Your coach will then give instructions

### During Training:

- Do not touch any equipment, except basketball
- Cover your mouth & nose with a tissue, or crook of your elbow when you cough or sneeze. Immediately put tissue in bin & use hand sanitiser
- If first aid is needed, you will be sent to the first aider who will try guide you through your own treatment, if not possible they will put mask & gloves on & treat you.

### After Training:

- Apply hand sanitiser
- Collect any belongings

Please do not attend if your or someone in your household is showing COVID symptoms.

Please drop off & pick up on time.

Please drop children off, if you are staying please ensure you are away from the court and socially distancing from others.