

COACH CHECKLIST

FULL NAME: _____

YES NO

PRE SESSION

1. Check that athletes have viewed and understood the Individual Checklist
2. Check the Coach Checklist and relevant COVID resources on the Hockey NSW Info Hub
3. Vigilant to the following:
 - Session arrival times & session start time
 - Having personal, labelled water bottle - NO SHARING ALLOWED!!
 - Washing hands and sanitising before and after session
 - Driving to session in own vehicles - unless house shared with other member of squad/team (i.e. no car pooling)

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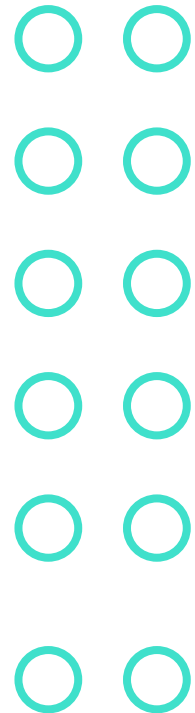
START OF SESSION

4. Adhere to stipulated training numbers (total includes athletes and coaches)
5. Remind athletes:
 - Agreed physical distancing rules
 - NO SHARING of water bottles
 - Hands washed and sanitised
 - Coach only to set up/handle any training aids (i.e. cones, crazy catcher, drums, tyres, silent defenders)

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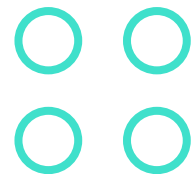
DURING SESSION

1. Monitor physical distancing rules
2. Monitor athletes are not sharing water bottles/ kit
3. Any shared equipment sanitised at appropriate intervals
4. Remind athletes to wash and sanitise hands on leaving venue
5. Coach only to move/change training aids e.g. cones, crazy catcher, drums, tyres, silent defenders
6. Ensure athletes leave venue immediately (no post session 'socialising')



POST SESSION

1. Coach to clear and remove all training aids used
2. Sanitise training aids



Have you considered a Sanitising Kit?

Hockey NSW encourages Coaches to demonstrate best practice in all facets of the role. With the strong messages around hygiene in this COVID-19 environment, Coaches can lead by building their own Sanitising Kit for training sessions. This is a great visual for all to see and is a practical measure to minimise the risk of the virus being transmitted.

Recommended Kit inclusions:

- Bucket with handle
- Antiseptic wipes
- Disinfectant Spray
- Disposable bags
- Disposable gloves
- Disposable masks
- Hand sanitiser
- Mini hand sanitiser