



# RVJFC – WINTER TRAINING GUIDELINES FOR COACHES

The following guidelines **must** be adhered to when holding Winter training sessions at Alder Grange 3G. This is to ensure safe and enjoyable training sessions for players and coaches alike.

## Entrances/Exits

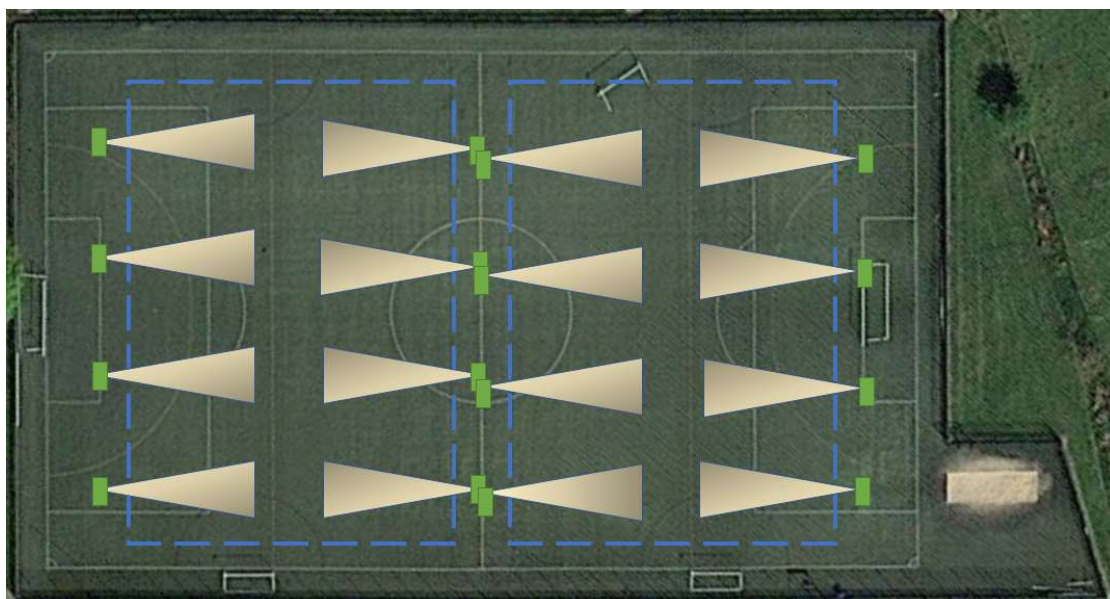
The only entrance/exit to be used by coaches, players and spectators to access the 3G is the double-gated main gate at the top of the path running past the metal storage container. The steps, grass slopes and single gates at the far end of the pitch are **not to be used under any circumstances** as the approaches represent a risk of injury from falling. All gates should remain locked with the exception of the main double gates.

A light bracket is installed at the entrance to the 3G. The first coach(es) setting up at the start of the evening should install and switch on a floodlight on this bracket to illuminate the pathway up to the 3G. This should be removed and packed away at the end of the evening along with the other floodlights. The battery may need to be changed on this light should the session last over 2 hours.

## Floodlights & Tripods

The Sports-Lite portable floodlights have been designed to illuminate an area 60m x 40m when using 8 lights. On this basis and to ensure we stay within the manufacturer's guidelines, the maximum area that can be setup based on half of the whole 3G pitch is shown below.

- a) Four lights to be setup spaced along the white halfway line
- b) Four lights to be setup spaced along a line running along the edge of the 6yd box
- c) An area then to be coned out **2 metres** inside of the lights and from the end lines at each end of the pitch (shown in blue). This will ensure a 2m run off around the area to reduce the risk of collisions with tripods, metal goals and spectators.



Once setup in this way, a pitch of approximately 46m x 36m will be available on each side of the 3G which is large enough to accommodate training for the vast majority of teams. The floodlight placement is based on illuminating an area approximately 50m x 40m which is well within the manufacturer's guidelines and should provide a good experience.

Should coaches wish to use a smaller area, they should ensure that the area is coned off and a runoff of 2m is maintained away from tripods, goals and other hazards.

Tripod bases must be fully opened up and locked to ensure they are stable and also fully extended height-wise once the light head is fitted to minimise glare at eye level. The lens on each light should also be checked to ensure it is tilted outward to provide maximum coverage.

The lights & tripods are rated for use in winds up to 25mph before they potentially become unstable and hazardous. In adverse weather and in any doubt about the use of the tripods in windy conditions, the session should be called off.

Any faulty floodlights or tripods must be reported to the Club Secretary or Chairman immediately.

Tripods should be stored in the main container next to the 3G entrance. Floodlight head units should be stored in the lights lockup along with the batteries, and transported using the trolley to avoid damage from being dropped.

## **Floodlight Batteries**

Batteries should be placed on charge following every session up to a maximum of 15 batteries. Once plugged in to charge, batteries **must** be placed on the worksurface and not on top of the charging units. This will help prevent any overheating as well as stopping any water from wet batteries entering the charging units, which obviously represents a hazard of electric shock.

Fully charged batteries or batteries which are unable to be plugged in should be placed in the appropriate labelled areas of the work surface.

Any concerns regarding the electrics or batteries **must** be reported to the Club Secretary or Chairman immediately.

The trolley should be used to transport batteries to/from the 3G to avoid devices being dropped and damaged.

The batteries are rated to last approximately 2hrs 20 mins following a full charge. Coaches should consider the battery life and swapping batteries out prior to commencing training to ensure lights do not go out part way through a session. If the lights fail for any reason, the session should be stopped until lighting can be restored.

Coaches and helpers should ensure that the plastic clip on the connectors between the lights and batteries is fully depressed when disconnecting batteries to minimise any damage to the wiring.

## Goals

The old, metal goals provided by the school are **not** to be used under any circumstances. They are not maintained and represent a significant hazard due to their unsafe construction.

Coaches have three options for goals when holding training sessions:

- Poupus (available in the container)
- Cones
- Folding 5/7/9 a-side Samba goals (available in the container)

Again, the coning off of a training area 2m short of the end lines and the 6-yard boxes will reduce any hazard from collision with the school metal goals.

When using the Samba goals, coaches should ensure that a minimum of two adults carry the goals to avoid risk of injury, and that the goals are properly assembled. Supporting stanchion poles should be used at all times, the green locks engaged and netting kept away from the base of the goals (which could pose a tripping hazard).