Introduction day SFF Rugby

7.00 am – packing list

Electronic devices, chargers,x 30

Vests various sizes x 50

Power point presentation

Sanitising equipment

Electronics boards, batteries, coils, plastic cases, x 10

Laptop

Tablet

Spare mobile phones with App installed x 10 ( for students with no mobile or wanting to use other )

8.00 am arrive venue

8.15 am set up as per new social distancing regulations

8.30 am introduction and powerpoint

9.15 am download the app

9.45 am introduction to devices and vests

9.50 am break and go for walk with devices switched on

10.20am Q&A

10.30 am upload data from device

10.45 am Q&A

11.15 am free time ( to walk around or perform some activity with device switched on with another person) suggestions were maybe a shuttle course and travel at different speeds, walk around pitch or grounds,

12-1.00pm Lunch

1.15pm upload data from device to mobile phone

1.30pm whole class analysis of data captured

1.45 pm individual analysis of own data and comparison with other

2.30pm Q&A

3.00pm finish