

First tournament family checklist

A fictional worked day and a blank practical plan. Organizer instructions govern; no nutritional targets, promised finish time or medical advice.

Worked example — fictional

The team requests 08:15 arrival, a 09:00 match, 10:00 work duty and 11:00 match. Afternoon rounds are still provisional. The family saves the venue entrance and schedule, packs familiar food and water, and checks cold storage for the meal.

After the first match, they ask who reports for duty and when the player next joins the coach. They use the remaining time for rest. A long queue changes lunch timing, so they use the familiar packed option rather than miss the team's reporting time. Departure waits for the coach's confirmation.

First tournament family checklist

Your blank plan

Date / event / venue entrance: _____

Team contact and update method: _____

Departure from home / team arrival / first match: _____

Parking, admission, accessibility and venue food rules checked: _____

Uniform / clean shoes / usual personal kit checked with player: _____

Bottle / refill location / familiar food / cold storage: _____

Allergy and food-sharing arrangements confirmed privately: _____

Warm-up meeting point / next reporting time: _____

Work duty / trained responsible person / reporting time: _____

First-aid and safeguarding contact route: _____

Who confirms dismissal / transport arrangement: _____

One observation and one change

What made waiting, food, packing or communication difficult? _____

One change for next time, chosen with the player: _____

Keep the checklist practical. Team schedules and event rules vary; the worked times above are invented. Do not copy a child's confidential medical details onto a shared team sheet.

Before leaving, confirm duties are complete, collect kit and follow the agreed dismissal procedure. Rest and the player's wellbeing matter more than adding another analysis session in the car.