

# WASH YOUR HANDS

Everyone must ensure they  
are using hand sanitiser  
before and after training.



# KEEP YOUR DISTANCE

Remain at least 1.5m apart  
from each other at all times.  
No huddles or unnecessary  
contact.



# TRAINING: GET IN AND GET OUT

No socialising before or  
after training or games.



# NO SHARING OF WATER BOTTLES

Bring your own water, fruit  
and snacks.



# KEEP YOUR DISTANCE

Please respect your team  
mates and keep your  
distance before, during and  
after training.



# ARRIVE DRESSED TO PLAY

No showers available at the grounds. Please come dressed and ready to train or play.



# DO NOT TRAIN IF UNWELL

If you are feeling unwell or exposed to someone unwell, you must not attend training at any time. Please advise your Coach or Club via email or phone..



# SHOWER AND CHANGE

All players must ensure they shower (with plenty of soap) and change at home, before & after training and playing.





# ONLY 1 PARENT OR CARER

We ask that only one parent  
or carer escort their child to  
training.



# ARE YOU COVID SAFE?

We ask that all players and  
officials download the  
COVID SAFE App before  
attending training.

