



## **Return to training protocols**

### **UPDATE NOV 2020**

#### ***For Players***

- Arrive dressed to play (**TRAINING GET IN AND GET OUT**)
- Bring a CLEARLY LABELLED drink bottle **NO SHARING OF PERSONAL ITEM IS ALLOWED**
- **Players over 12 years of age must wear masks before and after training**
- No mouth guards **preferred** unless absolutely necessary (**NON CONTACT TRAINING DRILLS ONLY**)
- Maintain 1.5mtr social distancing at all times **NO PHYSICAL CONTACT BETWEEN PLAYERS**
- Bring a signed Covid Questionnaire to first training session if you have not completed the form prior. **NO FORM, NO TRAIN!**
- Arrive 10 - 15 minutes prior to training and report to the Covid Officer to mark your attendance. **No Temperature checks required.**
- Each group must remain in your section of the ground and not mingle with the other teams before or after training
- Avoid high fives, shaking hands, pats on the back etc.
- Sanitise hands before and after training and at the direction of coaches
- No spitting or clearing nasal passages during training
- Avoid touching your eyes, nose and mouth
- Use a tissue to cover your mouth or use the inside of your elbow to cough/sneeze.
- No access to change rooms and only restricted access to toilets
- Players responsible for own strapping. No massages
- Download the COVIDSAFE APP (**RECOMMENDED**)
- **Stay home if you are sick DO NOT ATTEND TRAINING**

#### ***For Parents***

- **MUST** sign the Covid Questionnaire if you have not already done so prior to first training session. **NO FORM, NO PLAY!**
- Park in the carpark area closest to the training group area
- Must remain at the ground until their child has been recorded to train by the Covid Officer to train.
- Parents are to collect their child at the conclusion of training and immediately vacate the venue
- Preferred no gathering between parent groups before or after training
- **Coaches and support staff must wear face masks**
- **Spectators who are staying must wear face masks and adhere to social distance requirements of 1.5 metres**
- **MUST** not personally or allow any siblings to enter the playing surface unless coaching and Must remain outside the grounds/boundary lines and always 1.5mtrs social distant from others, or remain in your cars
- Only players/coaches/support staff are allowed on the playing surface
- Recommendation for junior players that 1 parent/carer accompany the child to training
- Download the COVIDSAFE APP (**RECOMMENDED**)
- **Stay home if your child is sick DO NOT ATTEND TRAINING**