



PLAYER TRAINING GUIDELINES

As at 20 May 2020

General Health and Safety

- **If unwell – STAY HOME**
- We encourage all players to bring their own hand sanitiser (60% alcohol) to clean hands regularly
- Sneeze/cough into elbow
- Avoid touching face
- No spitting
- While physical distancing will not always be maintained during training, we encourage players to adhere to distancing measure outside the field of play

Arrival

- Ready in training gear and have a bag to store belongings
- Check in for contact tracing (***Parent assistance***)
- Wash or sanitise hands
- No handshakes

Training

- No drink bottle sharing
- Avoid touching cones
- Hand sanitise during breaks

After Training

- Return bib to bag
- No handshakes
- Wash or sanitise hands