

# COVID 19 INFORMATION RETURN TO TRAINING

EFFECTIVE JUNE 2020



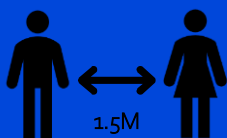
## GET IN, TRAIN, GET OUT

ARRIVE READY FOR TRAINING, MINIMISE USE OF COMMUNAL FACILITIES



## PRACTICE HAND HYGIENE

WASH OR SANITISE HAND BEFORE AND AFTER TRAINING



## MAINTAIN SOCIAL DISTANCE

WHERE POSSIBLE MAINTAIN 1.5M DISTANCE FROM OTHERS



## CLEANING PROTOCOLS

EQUIPMENT AND FACILITIES MUST BE CLEANED FOLLOWING PROTOCOLS



## MAXIMUM OF 10 PEOPLE

INCLUDING COACHES AND PERSONNEL WITH AT LEAST 4 SQM PP



BRING YOUR OWN WATER BOTTLE AND DO NOT SHARE



NO CONTACT, INCLUDING TACKLING, HANDSHAKES, HIGH-FIVES



NO SPECTATORS OR SOCIALISING

**DO NOT COME TO TRAINING IF YOU ARE FEELING UNWELL, PARTICULARLY IF YOU HAVE ANY COVID-19 SYMPTOMS INCLUDING FEVER, COUGH, FATIGUE, SORE THROAT, SHORTNESS OF BREATH**