

# Recommencement of Club Training for Parents & Players



## Before training

- Parents are to communicate with their club coaches about start and end times for Club training.
- Only one parent/carer per child to attend training. Parents/carers are encouraged not to stay during training in the spirit of social-distancing requirements.
- Players are to arrive no later than 15 mins prior to training commencing.
- Players should arrive ready to train in training shirt, shorts, socks, shin pads and boots. Change rooms will not be available.
- Players **MUST** bring their own water bottles (labelled). **NO** water bottles are to be shared.
- Do not attend training if you have the slightest flu like symptoms especially a dry scratchy throat
- Players should carry hand sanitiser (60%) in order to enable good personal hygiene.

## During training

- Only two to the toilet at any one time. Wash hands thoroughly with soap and water.
- Sneeze into your elbow
- Maintain 1.5 metres between you and your team mates at all times.
- Please ensure any tissues being used are placed directly in the rubbish bin that are provided.
- No spitting at any time.
- Players are not to engage in contact greetings.ie. fist bumps, high-5s, handshakes

## After training

- Each player **MUST** take their own training bib home for washing.
- Players are to leave the grounds immediately after training. No loitering or social activity is to occur.

It's been a tough few months and you have been amazing. We can say that there is certainly light glimmering at the end of the tunnel. Our focus is now returning to the game we love. Let's stay united on the same path to achieve this.

#inthisogether  
#staysafe



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