



# PLAY SAFE TO STAY SAFE DURING THE PANDEMIC



## Pre Training/Game/Competition

- If you're feeling unwell or sick, **STAY AT HOME**
- Bring Your Own equipment (e.g. gloves, bat, netball bib and drinking bottle)
- Bring a mask and hand sanitiser
- No spectators unless required or limit to 1 parent or carer only
- Avoid carpools or bus travel with people from different household groups
- Activities that require overnight stay are not allowed ( e.g multi-training camps)
- Say **NO** to face-to-face activities (e.g post-training group dinners and other social gatherings)



## Whilst on the court

- In between training, observe 1.5m distance
- No shaking of hands, high fives, fist bumps or hugs
- Focus on non-contact drills like dribbling and strength training
- Minimise co-mingling with players during break



## Post Training/Game/Competition

- Always observe the **'Get in, Train, and Get Out'** rule
- Do your post-training activities at home ( eat, take a shower or recovery)
- Clean your personal equipment right after use
- Avoid using communal facilities if possible ( e.g shower rooms, changing rooms)
- Wash your hands before and after training. If soap and water are not available, use at least 70% alcohol to sanitise
- Leave immediately after the game or training to limit contact