



It's time to bench COVID for good.



Tips for a safe return to sport

1



Download the COVIDSafe app.

2



Arrive and leave in playing kit. No change rooms will be open, only toilets will be open for use.

3



Participants or spectators suffering from cold or flu-like symptoms should stay at home.

4



Don't arrive more than 25 minutes before training or games.

5



Players are to bring their own, labelled drink bottles. No sharing.

6



Parents and carers to wait in their cars to avoid gatherings.

7



Stay 1.5 metres apart.

8



Game day kits, and training and substitute bibs are not to be shared and should be washed regularly.

9



Minimise the handling of shared equipment.

10



20 seconds

Wash your hands regularly with soap and water, or use hand sanitiser, before and after training and games.

11



Always cough or sneeze into your arm, and then wash your hands with soap and water after.

12



Have fun!

For more community information on COVID-19, go to www.health.gov.au