



Get in. Train. Get out.



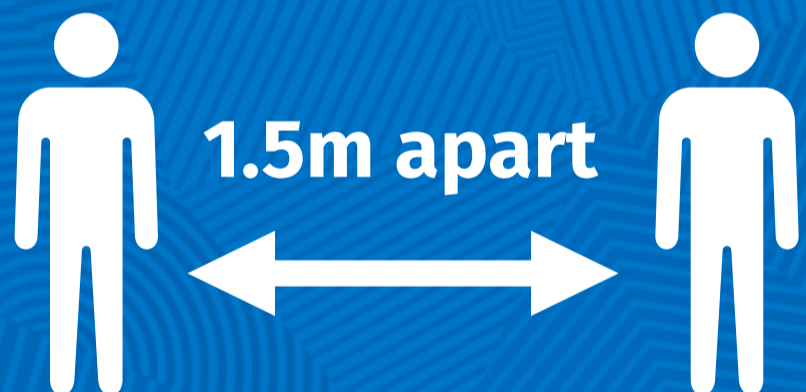
**Canteen
change room
closed.**



**No spectators.
Please remain
in your car.**



**One person
only at a time
in toilets.
Wash your hands.**



**Please practice
Social distancing.**

RETURN TO TRAINING



Get in. Train. Get out.



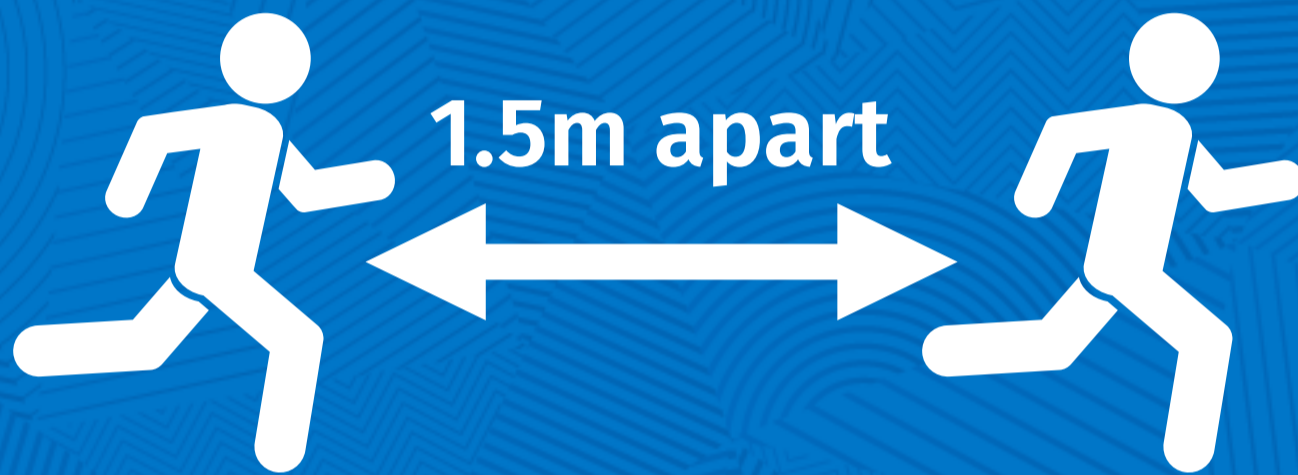
Wash your hands

Everyone must ensure they are using hand sanitiser before and after training.

RETURN TO TRAINING

**LAKE
MACQUARIE
CITY**

Get in. Train. Get out.



**Keep your
distance**

**Remain at least 1.5m apart
from each other at all times.
No huddles or unnecessary contact.**

RETURN TO TRAINING



Get in. Train. Get out.

Training: Get in and Get out

**No socialising
before or after
training or games.**

RETURN TO TRAINING



Get in. Train. Get out.

No sharing of water bottles

**Bring your own water,
fruit and snacks.**

RETURN TO TRAINING



Get in. Train. Get out.

Arrive dressed to train

**No change rooms available
at the grounds.
Please come dressed
and ready to train.**

RETURN TO TRAINING



Get in. Train. Get out.

Shower and change

**All players must ensure they
shower and change at home
before and after training.**

RETURN TO TRAINING



Get in. Train. Get out.

Do not train if unwell

If you are feeling unwell or exposed to someone unwell you must not attend training at any time.

Please advise your coach or club via email or phone.

RETURN TO TRAINING



Get in. Train. Get out.



Only one parent or carer

**We ask that only one parent or carer
escort their child to training.**

RETURN TO TRAINING