



Guidelines for Return to Training with 10 People

THESE GUIDELINES ARE LIMITED TO OUTDOOR ACTIVITY WHICH CAN BE CONDUCTED IN SMALL GROUPS (NOT MORE THAN 10 PARTICIPANTS AND/OR OTHER PERSONNEL IN TOTAL) AND WITH ADEQUATE SPACING (NOT MORE THAN 1 PERSON PER 4 SQUARE METRES).

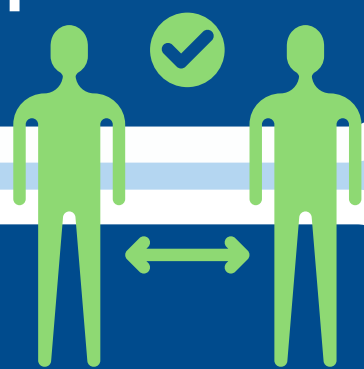
Be Prepared to Train

- Tasks that can be completed at home should be (Stretching/recovery)
- Must not arrive more than 15 minutes prior to training commencing, and if arriving by vehicle, remain in the vehicle until 5 minutes before training to avoid gatherings.
- Come already prepared to train – changing rooms will not be in use.
- Bring their own drink bottles and they must to be clearly labelled. No sharing of drink bottles is to be permitted.
- Leave the venue immediately once the training session has concluded.

Arrive
Train
Leave

Social Distancing

- Social distancing of 1.5m between players.
- Spacing so that there is no more than 1 person per 4m².
- No contact skills training
- No hand shaking, high fives or body contact
- Do not congregate in groups on the field
- Do not congregate in groups in the dugout
- Do not hang around the diamond or facility pre or post training
- There is to be no contact between participants



Illness

- If you feel unwell, do not attend training and you must seek medical clearance before returning
- If you have had contact in the past 14 days with a known or suspected case of COVID-19 you must not attend training & seek medical clearance before returning
- All suspected cases must be reported



Hygiene & Contact

- Hand hygiene upon arrival (sanitiser)
- Hand hygiene pre, during & post training
- Thorough, full body showers with soap @ home before and after training
- Hand hygiene at the entry and exits of the dugout & bullpens
- No Sharing of equipment
- Cleaning of personal equipment post training



Contact Tracing

- Records of attendance at training are maintained and coordinated by a nominated member of each Team, Club or Association
- Download the COVIDsafe App and keep a list of people at training to enable contact tracing

