


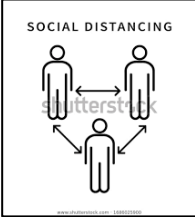





INFORMATION SHEET FOR ATHLETES & VOLUNTEERS

	<p>Remember to wash your hands before going to training and use sanitiser when you get to your club.</p>
	<p>Bring your own water bottle with your name clearly marked on it and come dressed ready for training.</p>
	<p>You should only travel to you activity with members from your own home/place of residence. If using Public Transport a face mask must be worn as per COVID-19 Government guidelines.</p>
	<p>Follow instructions from your coaches and volunteers about keeping your distance.</p>
	<p>Cough or sneeze into your bent elbow or tissue. If using tissues throw it in the rubbish bin and wash your hands.</p>
	<p>Use a bow to say hello or foot bump to say well done. NO shaking hands, high fives or hugs.</p>
	<p>After training go straight to your car and wash your hands when you get home.</p>