



PLAY ON

HELPFUL HINTS TO KEEP SAFE



Social distance 1.5m



Stay at home if you're sick



Wash your hands regularly and cover coughs and sneezes

GENERAL

Stay home if you are feeling unwell and:

- Follow the NSW Government rules regarding the Public Health Order
- These may change regularly so keep up to date here:



[COVID-19 rules
NSW Government](#)



AT TRAINING

Spend limited time indoors including:

- Gym
- Lecture room
- Changerooms

Hold outdoor gym sessions



ON GAME DAY

- Limit access of people to changerrooms, tunnel and sideline area
- Strap players outside of changerrooms
- Hold pre/half-time and post-game team talks outside
- Players should not share water bottles
- Remember to practice social distancing

[MORE INFO](#)

