



INFORMATION FOR PLAYERS

RETURN TO MODIFIED TRAINING: **STAGE 2**

WHAT YOU NEED TO KNOW

Brunswick Zebras F.C priority is to safeguard the health and wellbeing of our community during the COVID-19 pandemic. The club is following the guidelines and framework provided by Football Victoria and Councils in conjunction with Victoria's DHHS.

All football participants including players, coaches, club officials, parents/carers and any other person at our facilities are responsible for stopping the spread of COVID-19. The following guidelines are designed to assist in understanding the ways that you can help.

Preparing for training



Confirm attendance with your coach and players to change at home



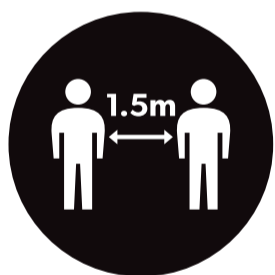
Shower at home after your training as change rooms are closed



Sanitise your hands before and after your training



Do not arrive more than **10 mins** prior to training starts. If you arrive earlier you **MUST** stay in your car



Where possible maintain a 1.5m distance from others **NO** congregating at the ground entry point



Fill and bring your own clearly labeled drink bottle from home. Do **NOT** share bottles

What you can and can't do



Non-contact skill training drills such as Passing, Shooting,



Tackling, Throw-Ins, Headers, Hand Shakes, High Fives are not permitted



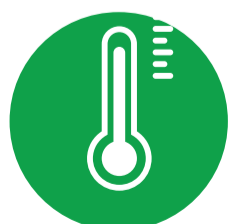
20 players at one time plus coach/support staff*
*Coaches may only coach one team They must not work across multiple areas.



NO SPITTING. Cover your mouth and nose when you sneeze/cough or use inside of your elbow or tissue

Once training has concluded leave the venue immediately

Do not come to training if you exhibit any of these symptoms or have been in contact with a known or suspected case of COVID-19. Advise the club immediately if you test positive to COVID-19



Fever



Cough



Fatigue



Sore throat



Shortness of breath

For more information go to www.footballvictoria.com.au or www.dhhs.vic.gov.au

