



# CARINA JUNIORS

CARINA JUNIOR RUGBY LEAGUE FOOTBALL CLUB

The Secretary  
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## COVID-19 RETURN TO TRAINING – STAGE 2

- **NON-CONTACT** for Stage 2 – *Practice Social Distancing at all times*
- Download the Covid-Safe App
- Players to come dressed ready to train
- Get In, Train, Get Out – arrive no earlier than 10mins prior to training, finish training promptly as there are more teams waiting to enter and train
- All players, volunteers and carers to sign in on entry to the field
- All players, volunteers and carers to sanitise hands on entry and exit with supplied sanitiser
- All players to provide own water bottles
- Coaches to sanitise equipment after each training session
- Maximum 100 people per venue, maximum 60 per field
  - U6-10s – one carer per player permitted – strictly no siblings (Drop & Go is available for all players in these age groups if required)
  - U11-18s – Drop & Go
- Grandstands, dressing sheds and toilets are not in use during this stage
- If anyone is unwell, they are to **STAY HOME** – anyone displaying flu like symptoms will be turned away from the fields

**WELCOME BACK!**

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