

# WASH YOUR HANDS

Everyone must ensure they  
are using hand sanitiser  
before and after training.



FOR MORE INFORMATION VISIT  
[AFL.COM.AU/CLUBHELP](http://AFL.COM.AU/CLUBHELP)



# KEEP YOUR DISTANCE

Remain at least 1.5m apart  
from each other at all  
times. No huddles or  
unnecessary contact



FOR MORE INFORMATION VISIT  
[AFL.COM.AU/CLUBHELP](https://www.afl.com.au/clubhelp)



# TRAINING: GET IN AND GET OUT

No socialising before or  
after training or games



FOR MORE INFORMATION VISIT  
[AFL.COM.AU/CLUBHELP](https://afl.com.au/clubhelp)



# NO SHARING OF WATER BOTTLES

Bring your own water, fruit  
and snacks.



FOR MORE INFORMATION VISIT  
[AFL.COM.AU/CLUBHELP](https://www.afl.com.au/clubhelp)



# KEEP YOUR DISTANCE

Please respect your team mates and keep your distance before, during and after training.



FOR MORE INFORMATION VISIT  
[AFL.COM.AU/CLUBHELP](https://www.afl.com.au/clubhelp)



# ARRIVE DRESSED TO PLAY

No showers available at the grounds. Please come dressed and ready to train or play.



FOR MORE INFORMATION VISIT  
[AFL.COM.AU/CLUBHELP](https://www.afl.com.au/clubhelp)



# SHOWER AND CHANGE

All players must ensure  
they shower (with plenty of  
soap) and change at home,  
before & after  
training and playing



FOR MORE INFORMATION VISIT  
[AFL.COM.AU/CLUBHELP](http://AFL.COM.AU/CLUBHELP)



# DO NOT TRAIN IF UNWELL

If you are feeling unwell or exposed to someone unwell you must not attend training at any time. Please advise your Coach or Club via email or phone.



FOR MORE INFORMATION VISIT  
[AFL.COM.AU/CLUBHELP](https://www.afl.com.au/clubhelp)





# ONLY ONE PARENT OR CARER

We ask that only one parent or carer escort their child to training.



FOR MORE INFORMATION VISIT  
[AFL.COM.AU/CLUBHELP](https://www.afl.com.au/clubhelp)



# ARE YOU COVID SAFE?

We ask that all players and  
officials download the  
COVID SAFE App before  
attending training



FOR MORE INFORMATION VISIT  
[AFL.COM.AU/CLUBHELP](http://AFL.COM.AU/CLUBHELP)



# CHANGE ROOMS LIMITED USE

Change Rooms Closed.  
Toilet or medical use only.  
Strict social distancing  
applies.



FOR MORE INFORMATION VISIT  
[AFL.COM.AU/CLUBHELP](http://AFL.COM.AU/CLUBHELP)

