

COVID-19



Information for Players, Teams & Referees

CAPITAL
FOOTBALL

RETURN TO TRAINING > NSW

Effective 13 June

WHAT YOU NEED TO KNOW

Coronaviruses are a type of virus that can affect humans and animals. Some coronavirus cause illness similar to the common cold and others cause more serious illness, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

All football participants including players, coaches, match officials, club officials and any other person at the venue are responsible for stopping the spread of the virus. The following guidelines are designed to assist in understanding ways that you can help.

Preparing for Training



Prepare and dress for training at home



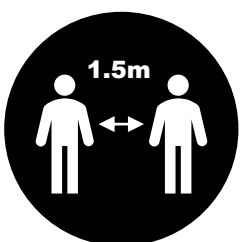
Shower at home before and after your training



Wash or sanitise your hands before and after your training



Arrive for your training 5 minutes prior



Maintain a 1.5m distance from others where possible



Fill and bring your own clearly labelled drink bottle from home

What you can and can't do



Non-contact skill training drills such as passing, shooting and heading



Contact-to-contact playing skills such as tackling are not permitted



20 participants at one time including coach



NO SPITTING permitted

Do not come to training if you exhibit any of these symptoms



Fever



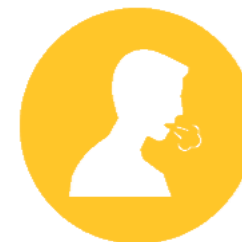
Cough



Fatigue



Sore throat



Shortness of breath

For more information go to www.capitalfootball.com.au