

Health and Safety Guidelines

- DO not attend training if:-
 - You have been unwell or are displaying symptoms
 - Are positive with COVID and isolating*
 - Are a close contact of a COVID positive person and currently isolating*
 - You have been interstate - please wait for a period of 48 hours before attending team training/group activity to add a pre-cautionary buffer
- Use CHECK in TAS app
- If training indoors and there is an option to improve ventilation by opening doors and/or windows, please do so
- Wear a mask into the stadium until time to exercise
 - Coaches will be asked to continue to wear masks and pull down when needing to give instructions
 - Masks are optional when training outdoors, but recommended when in group settings (while not intense)
- Every time there is a break in the session for a drink, hand sanitisation will be required
- No high fiving or other unnecessary contact
- Social distancing when on the sidelines
- No sharing of drink bottles, food or sweat towels.

* Follow all Public Health advice regarding duration of isolation, and returning to gatherings upon finishing an isolation period.