EVERYONE MUST ENSURE THEY ARE USING HAND SANITISER BEFORE AND AFTER TRAINING.

WASH YOUR HANDS

POINT COOK FC

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BRING YOUR OWN WATER, FRUIT AND SNACKS.

NO SHARING OF WATER BOTTLES

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NO CHANGEROOMS AVAILABLE AT THE GROUNDS.
PLEASE COME DRESSED AND READY TO TRAIN OR PLAY.

ARRIVE DRESSED TO PLAY

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CHANGE ROOMS CLOSED. **TOILET OR MEDICAL USE ONLY. STRICT SOCIAL DISTANCING APPLIES.**

CHANGEROOMS LIMITED USE

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WE ASK THAT ALL PLAYERS AND OFFICIALS DOWNLOAD THE COVID SAFE APP BEFORE ATTENDTING TRAINING.

ARE YOU COVID SAFE?

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IF YOU ARE FEELING UNWELL OR EXPOSED TO SOMEONE UNWELL YOU MUST NOT ATTEND TRAINING AT ANY TIME.

DO NOT TRAIN IF UNWELL

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NO SOCIALISING BEFORE OR AFTER TRAINING OR GAMES.

TRAINING:

GET IN & GET OUT

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WE ASK THAT ONLY ONE PARENT OR CARER ESCORT THEIR CHILD TO TRAINING.

ONLY ONE PARENT OR CARER

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ALL PLAYERS MUST ENSURE THEY SHOWER (WITH PLENTY OF SOAP) AND CHANGE AT HOME, BEFORE & AFTER TRAINING & PLAYING.

SHOWER AND CHANGE

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REMAIN AT LEAST 1.5M APART FROM EACH OTHER AT ALL TIMES.
NO HUDDLES OR UNNECCESARY CONTACT.

KEEP YOUR DISTANCE

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PLEASE RESPECT YOUR TEAM MATES AND KEEP YOUR DISTANCE BEFORE, DURING AND AFTER TRAINING.

KEEP YOUR DISTANCE

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