

# INFORMATION FOR PLAYERS



## RETURN TO MODIFIED TRAINING: STAGE 1

### WHAT YOU NEED TO KNOW

- Alamein FC's priority is to safeguard the health and wellbeing of the our community during the COVID-19 pandemic. The club is following the guidelines and framework provided by Football Victoria, Sports Recreation Victoria in conjunction with Victoria's DHHS
- All football participants including players, coaches, club officials, parents/guardians and any other person at our facilities are responsible for stopping the spread of COVID-19. The following guidelines are designed to assist in understanding ways that you can help.

#### Preparing for training



Confirm attendance via **Teamstuff** and dress for training at home as change rooms are closed



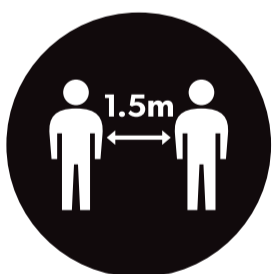
Shower at home after your training as change rooms are closed



Sanitise your hands before and after your training



Do not arrive more than **10 mins** prior to training starts. If you arrive earlier you **MUST** stay in your car



Where possible maintain a 1.5m distance from others **NO** congregating at the ground entry point



Fill and bring your own clearly labeled drink bottle from home. Do **NOT** share bottles



Non-contact skill training drills such as Passing, Shooting,



Tackling, Throw-Ins, Headers, Hand Shakes, High Fives are not permitted



10 players on one designated area at one time plus coach



**NO SPITTING.** Cover your mouth and nose when you sneeze/cough or use inside of your elbow or tissue

**Once training has concluded leave the venue immediately**

**Do not come to training if you exhibit any of these symptoms or have been in contact with a known or suspected case of COVID-19.**

**Advise the club immediately if you test Positive to COVID-19**



Fever



Cough



Fatigue



Sore throat



Shortness of breath

For more information go to [www.footballvictoria.com.au](http://www.footballvictoria.com.au) or [www.dhhs.vic.gov.au](http://www.dhhs.vic.gov.au)