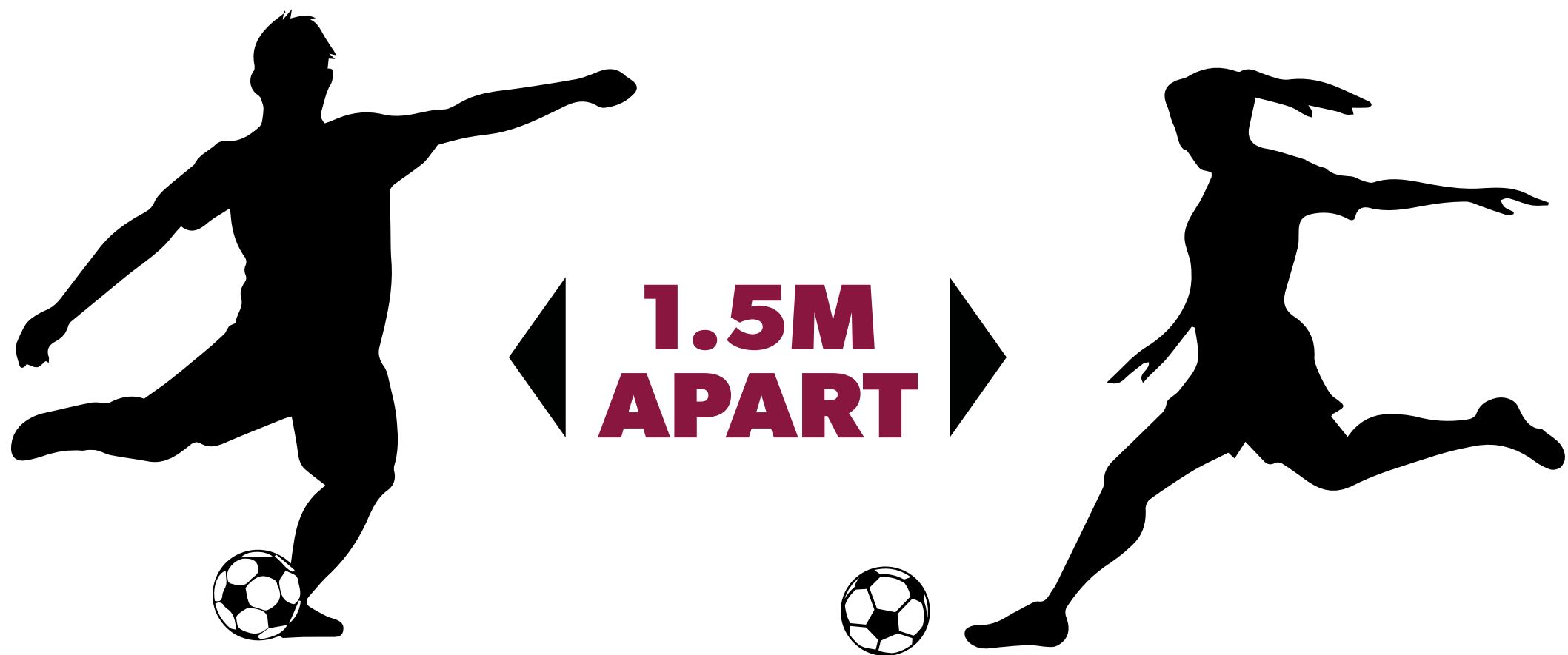


RETURN TO TRAINING

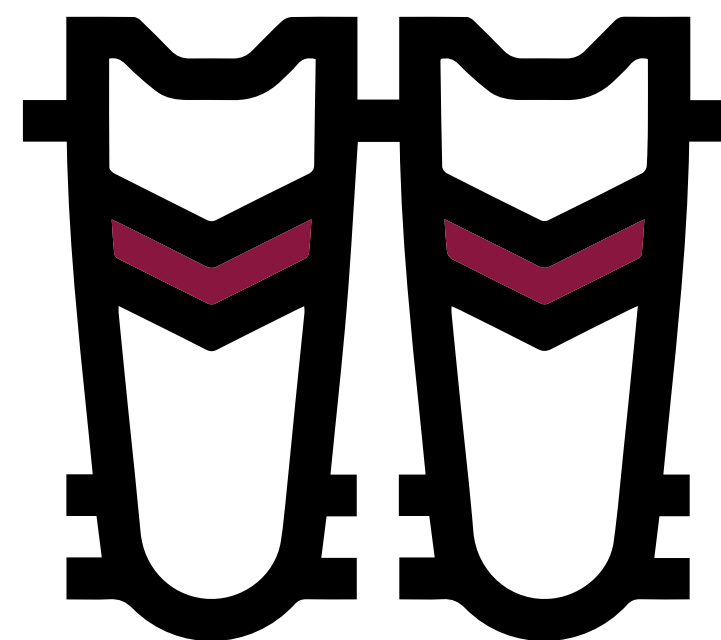
RULE ONE



SOCIAL DISTANCING
TO BE IMPLEMENTED AT
ALL TIMES

RETURN TO TRAINING

RULE TWO

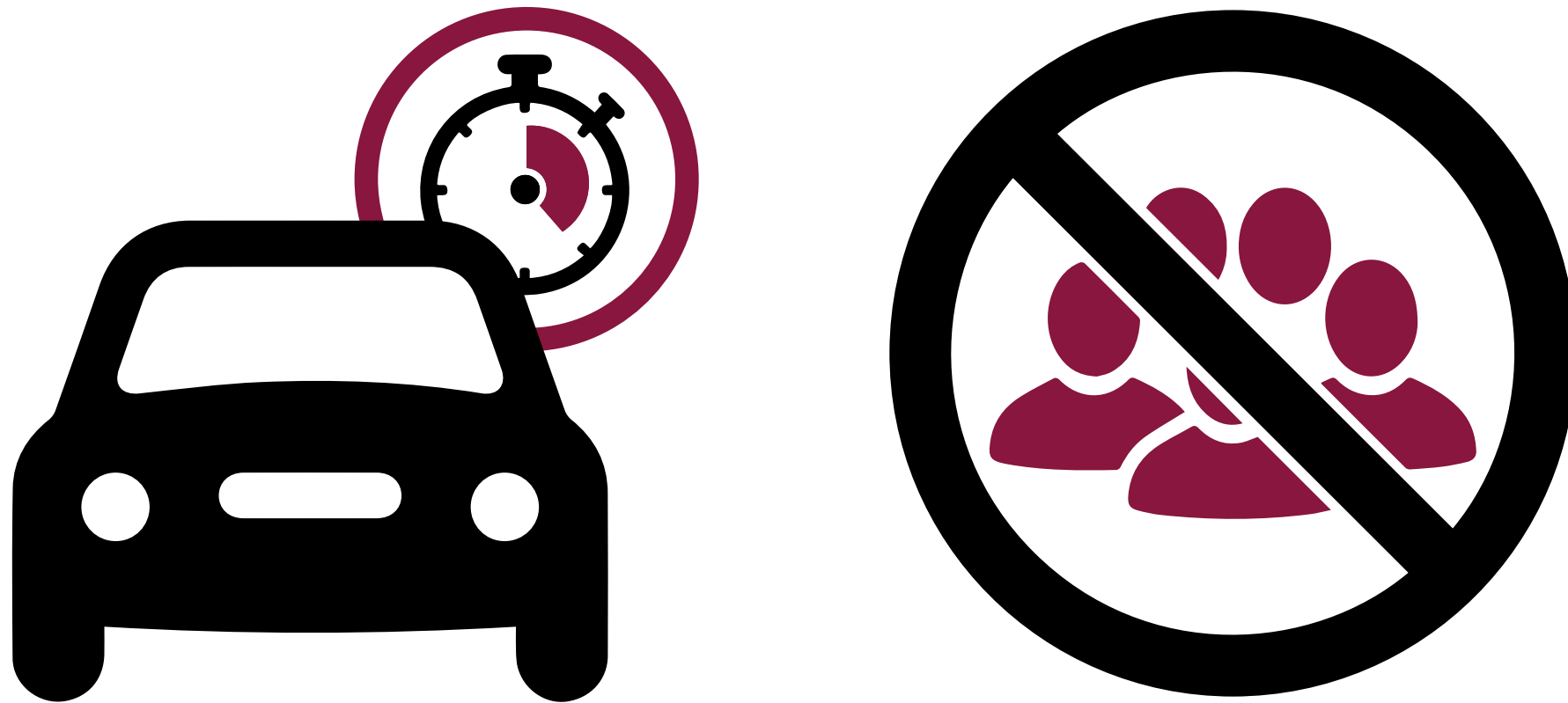


**COME PREPARED
TO TRAIN**

NO CHANGING ROOMS WILL BE OPEN

RETURN TO TRAINING

RULE THREE

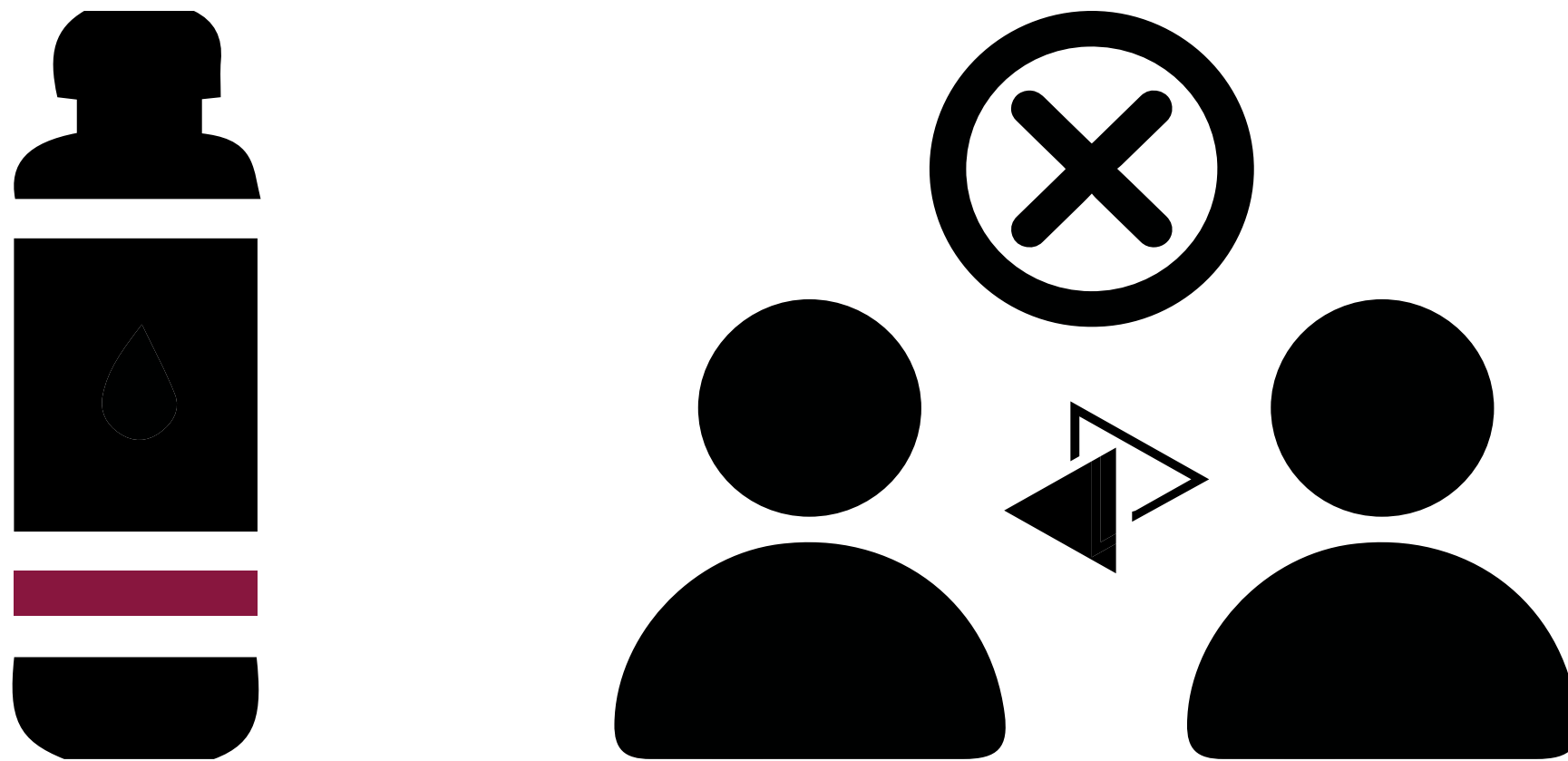


**PLAYERS MUST NOT ARRIVE MORE THAN
25 MINUTES BEFORE TRAINING**

STAY IN YOUR CAR **5 MINUTES BEFORE
TRAINING** TO AVOID GATHERINGS

RETURN TO TRAINING

RULE FOUR



**PLAYERS ARE TO BRING
THEIR OWN DRINK BOTTLE**

BOTTLES ARE TO BE **CLEARLY LABELLED.**
NO SHARING OF DRINK BOTTLES IS
TO BE PERMITTED

RETURN TO TRAINING

RULE FIVE



PARENTS/CARERS
SHOULD WAIT IN THE CAR
TO AVOID GATHERINGS

RETURN TO TRAINING

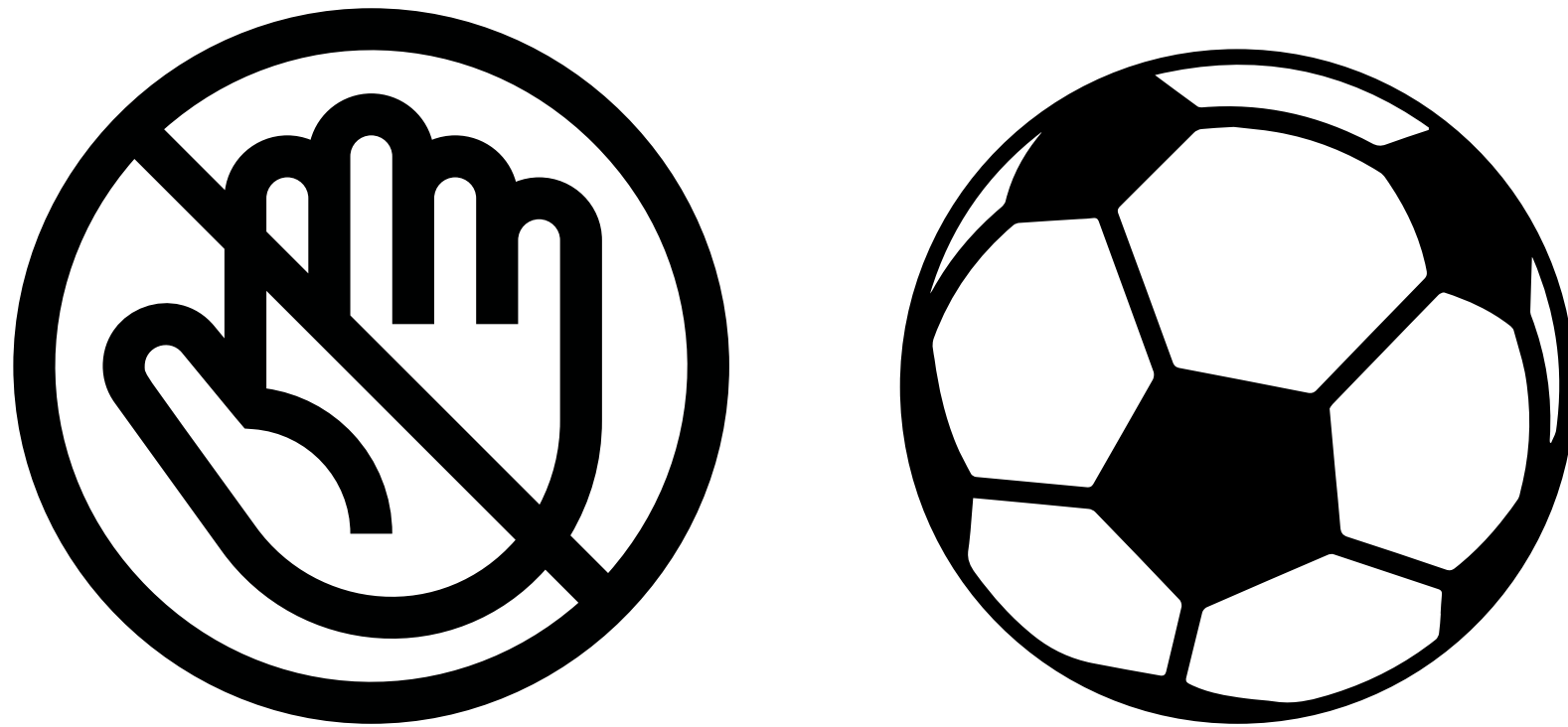
RULE SIX



**NO PERSON TO PERSON
CONTACT TRAINING DRILLS**

RETURN TO TRAINING

RULE SEVEN



MINIMISE THE HANDLING
OF ANY EQUIPMENT

RETURN TO TRAINING

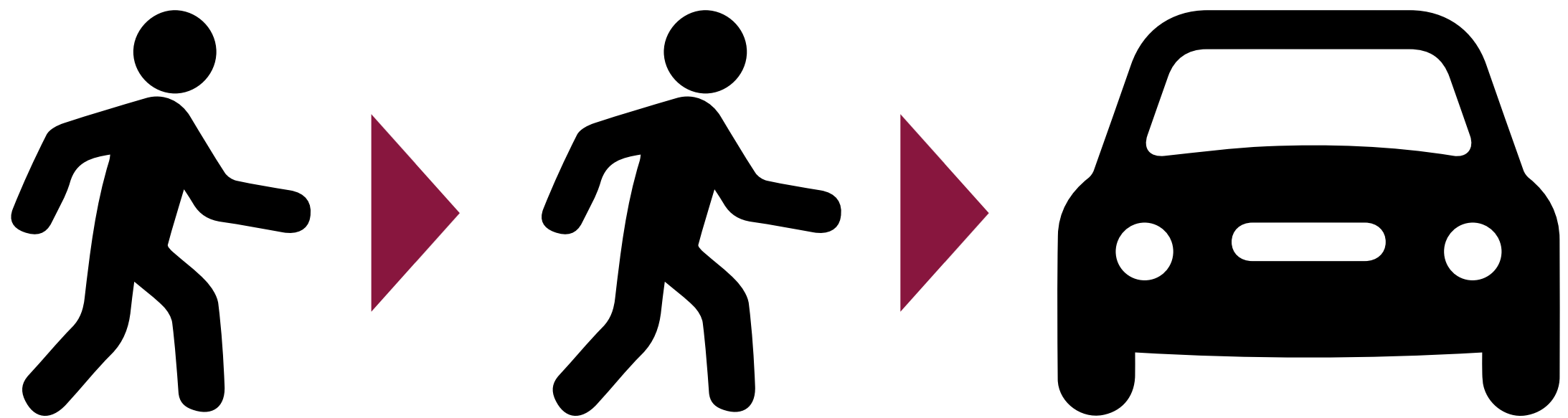
RULE EIGHT



**USE HAND SANITISER
DURING DRINK BREAKS**

RETURN TO TRAINING

RULE NINE



**MUST LEAVE PROMPTLY IN
A STAGED APPROACH**

**NO SOCIAL ACTIVITIES TO BE
CONDUCTED FOLLOWING TRAINING**