

# Return to Training - Protocols

**It is important that these protocols are interpreted in line with any measures also being imposed by your State or Territory Government.**

## General Protocols to Return to Training

- Clubs must adhere to physical distancing, gathering limits and follow the principle of **'Get in, Train, Get out'**.
- Clubs must follow the hygiene protocols and practices outlined below.
- Clubs must restrict access to club rooms and changerooms, other than toilets

## Hygiene Protocols to Return to Training

- Alcohol based hand sanitiser is available for all training sessions, with participants encouraged to use prior, during and following training
- There is no sharing of water bottles, players are to bring their own water bottles where possible and these are to be cleaned before and after sessions.
- There is to be no spitting or clearing of nasal passages at training
- There is to be no contact between participants, coaches and volunteers - avoid high fives, hand shakes or any physical contact
- Players are to arrive ready to train - do not use changerooms
- Do not attend training if you, or you have come into contact with someone else, are displaying flu-like symptoms or have been in contact with a known case of COVID-19 in the past 14 days.
- Ensure plenty of bins are provided and place all used tissues in bin immediately

## General Hygiene Practices

- Wash your hands often with soap and water for at least 20 seconds - if not available, use an alcohol based hand sanitiser
- Do not touch your eyes, nose or mouth if your hands are not clean
- Stay home and seek medical treatment when you are unwell
- Avoid close contact with other people who are unwell
- Cover your mouth and nose with a tissue or sneeze into your elbow rather than your hands



**Cricket Australia strongly recommends that all participants, coaches, volunteers and parents utilise the COVIDSAFE app to trace the spread of COVID-19**