



Rockdale City Raiders COVID 19 - Training Requirements V1 (to be read in conjunction with FNSW " Return to Training Guidelines"

BEFORE you commence

Sign & Return acknowledgment at foot of this form that both :
Raiders CD 19 rules
FNSW - "Return to Training"
have been read, understood & will be followed MUST be sent to RO

TIMES REQUESTED
DAY
TIMES

AT TRAINING

WRITTEN Attendee List MUST be completed, signed by Mgr /Coach. (Sample Attached)
SENT to RO after training - Camera Pic (Original Retained)

PARENTS / GARDIANS Minimum numbers to attend . Stay well away (preferably stay in your car) . Practice SOCIAL DISTANCING.

Change Rooms not to be used

Toilet - use Woman's on side of Canteen

Before you start

Previous Teams have LEFT THE GROUND
All players / coaches to use Hand Gel

Maximum Number

10 per Quarter Pitch INCL Coach

20 per Half Pitch INCL Coach

Drills should be NON CONTACT

NO Games / Tackling Allowed

NO THROW- INS

After TRAINING

All players / coaches to use Hand Gel
Leave ground PROMPTLY - "no hanging around "

SEND RO Attendee List

SIGNED	Team
Name	
Signature	