



## **SHFC - RETURN TO PLAY SAFETY SUMMARY**

PLEASE STAY AWAY FROM TRAINING AND GAMES, IF IN THE LAST 14 DAYS YOU HAVE BEEN UNWELL, HAD ANY FLU-LIKE SYMPTOMS.

Please read and follow the current NSW Health directives:

- **ARRIVE NO EARLIER THAN 30 MINUTES BEFORE YOUR GAME.**  
Warm up away from crowds. Please warm up on BR3 or 4.
- **LEAVE THE GROUNDS AS SOON AS practical after YOUR GAME FINISHES.**  
PLEASE KEEP TEAM MEETINGS SHORT (5 MINUTES) AND PREFERRABLY OUTSIDE.  
CHANGEROOMS WILL BE OPEN, BUT WHERE POSSIBLE HOLD TEAM MEETINGS OUTSIDE.
- **MATCH AWARDS ARE OK AFTER THE GAME.**
- **NO SHARING OF FOOD OR DRINK.**
- **BYO (CLEARLY LABELLED) DRINK BOTTLE.**  
NO SHARING OF DRINK BOTTLES, NO DRINK HOLDERS FOR TEAM DRINKS, NO WATER WILL BE PROVIDED BY THE CLUB IN A DRINK DRUM.
- **NO HANDSHAKES OR TEAM HUDDLES.**
- **Limit HIGH FIVES.**
- **NO MULTIPLAYER GOAL CELEBRATIONS.**
- **NO SPITTING.**
- **PLEASE SUPPORT OUR CANTEEN DURING YOUR GAME.**  
FULL CANTEEN/BBQ SERVICES WILL BE PROVIDED AT BOX RD.
- **PLEASE MAINTAIN 1.5M SOCIAL DISTANCING AROUND THE FIELDS OR IF QUEUING AT THE CANTEEN OR BBQ.**  
NOTE THAT THE NUMBER OF VOLUNTEERS WILL BE LIMITED DUE TO COVID REGULATIONS, SO PLEASE BE PATIENT.
- **CONTACTLESS PAYMENT AT CANTEEN IS PREFERRED.**  
THERE IS NO MINIMUM TRANSACTION VALUE.
- **WASH YOUR HANDS FREQUENTLY.**  
SOAP WILL BE AVAILABLE IN THE TOILETS AND HAND SANITISER WILL BE AVAILABLE AT THE CANTEEN/BBQ/GROUND CONTROL AREAS.
- **IF SWAPPING GOALKEEPERS, HAVE A 2<sup>nd</sup> SHIRT OR BIB AVAILABLE. NO SHARING. ALSO WE RECOMMEND NO SHARING OF GLOVES, HOWEVER PLEASE DISINFECT GLOVES IF YOU HAVE TO SHARE.**

**PLEASE FOLLOW THE GUIDELINES AND CONTINUE TO STAY HEALTHY SO WE CAN ALL CONTINUE TO PLAY THE BEAUTIFUL GAME AND HAVE FUN !**