

BE GUIDANCE DURING TRAINING/PLAYING AT LEVEL 2

- In order to reduce infection risk further we are recommending stopping training and disinfecting the balls every 20min
- No use of bibs unless brought directly by the player
- No shared towels.
- No shared water bottles.
- All water bottles clearly labelled with the individuals name on it.
- No 'crates' of water to be provided by clubs/coaches.
- No handshakes, high fives or other bodily contact.
- Have plenty of hand sanitiser available courtside with regular stoppages every 20 minutes for application.
- Avoid shouting at all times due to the increased risk of aerosol transmission.
- Avoid passing the ball to one another, even if retrieving it at levels 4 and 3.
- At level 2, once team practices commence, we recommend wiping balls every 20 minutes.
- We advocate the use of the 'bubble' system to keep small numbers of players contacting one another. This should start with a bubble size of up to 6 and then steadily increase to 12 over the course of 6 weeks providing all COVID guidance is adhered to. See our **6 Week Pre-Season Guidance**.
- Ball washing/wiping at end of the session - everyone to wash their own.
- Immediate hand washing once the session is complete.
- Use of face masks for coaches, support staff and officials is mandatory indoors. A full face visor could also be considered as a form of mitigation but it only protects the individual wearing it, not necessarily the other people around them.