

NOTICE

COVID - 19 PREVENTION PLAN

- **DO NOT ATTEND** if unwell (including and signs/ symptoms of cold, flu, COVID - 19 or other illness)
- Maintain social distancing (>1.5 metres) in accordance with relevant guidelines.
- Non rider family members to sign the attendance register.
- Washing of hands prior to, during and after training and use of hand sanitiser.
- Shower at home before and after training.
- No clearing of nose on field.
- No spitting.
- Cough into elbow.
- No sharing of personal equipment.
- No physical greetings (i.e. hand shaking, high fives etc.)
- Avoid touching of eyes, nose or mouth.
- Riders should be dressed for activity prior to attending training zone.
- No congregating before or after your activity.

THIS MEANS YOU