

## PLAY SAFE GUIDELINES FOR **TEAMS**

### **BEFORE YOU PLAY**

You must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days
- Have been overseas or exposed to someone with COVID-19 in the last 14 days
- Have flu-like symptoms
- Or are in a high-risk health category.

### **ATTENDING SOFTBALL ACTIVITIES**

- Wash your hands before you play, and afterwards too
- Complete clubs contact tracing form
- Arrive and leave as close as possible to when you need to
- Only one parent/guardian should accompany younger children where possible
- Take your own equipment if possible. Do not share equipment with people outside of your bubble
- Exercise caution with common touch points (e.g. doors and gates)
- Check the clubs safety plan to make sure you are aware of, and can follow their guidelines.

### **SOCIAL DISTANCING**

Be sure to keep 2 metres away from other people while taking part in any training activity.

### **BEHAVIOURS**

To protect against infection, you should:

- Wash/sterilise your hands before and after you play and avoid touching your face while playing
- Not share water bottles and bring your own full bottle
- Wash your hands frequently with soap and water or hand-sanitiser.
- Cover your coughs and sneezes and dispose of any used tissues immediately
- Avoid touching your face
- Do not attend if you are feeling unwell
- Avoid touching any shared surfaces (gate, net posts, chairs etc.). If you do touch anything that is not your own equipment, you must clean these thoroughly before you leave.
- After play If you become sick with Covid-19 symptoms within 10 days of playing, it is vital that you inform the main contact at your club.

