



To our families/carers, players and football community:

We are excited to announce our imminent return to training and game days. In conjunction with NSW Health and AFL NSW/ACT, the Lismore Junior Swans have a Return to Contact Training protocol that will allow groups of 20 (including training staff) to commence training in these uncertain times.

As members of our local community we all have responsibilities to ensure the safety of players, coaches and supporters, so we have created a quick online induction into our processes.

Please take 5 minutes and follow this link, sign up and complete the Safety Induction - <https://jses.net.au/course/lismore-junior-swans-covid-safe-strategy/>

**Any parent/carer wishing to attend training/games are encouraged to complete the online Covid-safe training prior to themselves or their child attending.** As a Club we have committed to upholding these rules to ensure that our kids can get back to footy, so to avoid disappointment please undertake this training as soon as possible. Should you have any difficulties accessing the training please contact the Club for assistance.

**All parents/carers in attendance are also encouraged to have the CovidSafe App installed on their mobile devices.**

Please be aware that the following Covid-safe protocols will need be strictly adhered to:

- All players, parents/carers and training staff MUST report to the change rooms to sign in prior to commencing training
- Parents/carers will not be allowed on the oval during training. We ask that you observe social distancing with other parents/carers.
- Only one parent/carer to escort their child to training/games
- Wash your hands - every player must ensure that they are using hand sanitiser before and after training
- Keep your distance – remain at least 1.5m apart from each other at all times. No huddles or unnecessary contact
- Get in and get out – no socialising before or after training or games
- No sharing of water bottles – bring your own water, snacks, fruit etc.
- Arrive dressed to play – No showers available at the grounds, all players should shower (with plenty of soap) and change at home before and after training or games
- Change rooms closed – only toilets/medical use is permitted, and social distancing must be observed at all times

And most importantly, if you are unwell at all with a dry cough, fever or feelings of tiredness please stay home, and perhaps get yourself tested!

Can't wait to see the kids on the field once again.