

**LABRADOR TIGERSTIX TRAINING REQUIREMENTS –
20 PEOPLE PER ZONE UNTIL 11 JULY (unless changed by QLD GOVT)**

**BE PUNCTUAL
LATE ENTRIES ARE NOT POSSIBLE**



ALL PLAYERS – Social distancing 1.5m

1. Arrive 15 minutes before training
2. Put on all training gear in the carpark (mouthguard in mouth/sock/pocket), carry only stick and any medication
3. Queue for your zone 10 mins before session
4. Sanitise hands before entry
5. Team coach/manager will mark off each player & official on checklist – max. 20
6. Go directly through your dugout with coach/manager and onto field with stick. Do not stand/sit in dugout.
7. Stay 1.5m (2 sticks distance from other players)
8. DO NOT pick up training gear
9. Dribble balls in to PACK UP when 5 minute warning sounds
10. Collect water bottle, medication, etc
11. Leave promptly – **THE NEXT TEAM CAN'T ENTER UNTIL YOUR TEAM HAS EXITED!**
 - a. Juniors - wait with coach/manager outside fence for collection by parent/guardian.
 - b. Seniors – leave the carpark ASAP.

TRAIN IN YOUR ZONE, ENTER AND EXIT VIA DESIGNATED PATHS - NEVER LEAVE YOUR ZONE.

**EVERY PERSON WHO ENTERS THE HOCKEY PRECINCT
MUST BE RECORDED ON THE RELEVANT LIST (incl.
Coach, Manager, Covid Rep, or Other).
NO ENTRY IS ALLOWED WITHOUT BEING SIGNED IN!**

HELP US ALL TO BE COVID-SAFE TIGERSTIX!

**Labrador
Tigerstix**

JUNIOR PARENTS/GUARDIANS – Social distancing 1.5m

It is preferred that parents stay in the car park until restrictions lift. If necessary, parents will be allowed to enter provided they are signed in by a Covid rep and wait in the designated parent area.

1. Arrive with child 15 minutes before training
2. Check training gear is complete in car park
3. Make sure child has water bottle, safety gear, stick and any necessary medication
4. Walk child to queue for their zone 10 mins before session
5. After child has gone in to training with coach/manager, parents can be signed in by COVID rep and ushered into designated parent area (max 20 parents)
6. Stay 1.5m from others
7. Leave parent zone promptly when the 5 minute warning sounds.

WAIT FOR YOUR CHILD OUTSIDE THE FENCE NEXT TO THEIR DESIGNATED EXIT ZONE.

**TRAINING
1 HOUR
SESSIONS**

**STARTING
@**

**4:50PM
6:00PM
7:10PM**

PLAYER RULES – All players:

Listen to all instructions given by the responsible person.

- Training equipment not to be touched with hands by players
- No tackling drills or body contact allowed
- Use of toilets for EMERGENCY only – sanitise after
- No WATER REFILLING STATIONS – BYO water
- No SHOWERS available
- No SPITTING
- No SANITISER ON THE TURF
- No JEWELLERY ON THE TURF

ANY EQUIPMENT LEFT BEHIND WILL BE THROWN IN THE RUBBISH BIN.

