



# Match day checklist for parent and players

Season 2020 is one like no other. We ask that you adopt the principles of: **Get in - Play - Get Out**

## PLAYERS: DO

- Only play if you are well. Complete a warm and stretch at home. Pack a jacket or hoodie, beanie.
- Arrive at the ground ready to play. If you are being driven to a match, put your **footy boots on** and **mouthguard in** while in the car.
- If there is a match still in progress, wait in the car. If you arrive by foot or bike, maintain social distance of 1.5M from others, preferably away from the ground.
- Once the ground has been vacated, go straight onto the ground and sanitise your hands
- Leave your footy bag behind the coaches box (no valuables)
- Leave your water bottle in the coaches box (CLEARLY LABEL IT)
- Listen to your coach for match day messages and instructions
- Play a great game/have fun/run amok
- At the end of the game DO show good sportsmanship by saying "good game" or "well played".

## PLAYERS: DON'T

- DON'T play if you are sick, even just a bit sick.
  - DON'T go to the changerooms or hang around on the sidelines
  - DON'T take your mouthguard in and out - just leave it in.
  - DON'T shake hands with your opponent and do NOT hug or high-five your teammates.
  - DON'T spit, sneeze, snort or cough - especially towards an opponent on the field at any time.
- Players face large suspensions if deliberately breaching these rules.**

## PLAYERS AND PARENTS

- Arrive 20 minutes before the scheduled match start time, not earlier or later.
- Parent match day helpers report to the Team Manager.
- Other parents are encouraged to wait in your car. If watching from the sidelines you must adhere to social distancing requirements of 1.5M and groups of not more than 10.
- The only place that social distancing rules do NOT apply is when playing the game (required to socially distance while on the bench and during breaks).
- We recommend only one parent per player attend please.
- Parents can NOT go onto the ground at any time
- Cheering, car horn tooting and general enjoyment of the spectacle of junior footy is allowed!

## PARENTS

- Some teams may come up against opposition with very low numbers and this may translate to more interchange time for our players than usual. A warm layer in the footy bag is a good idea.
- Coaches face serious penalties including a ban of up to 16 weeks if they play a player who has COVID19. If your player is not well, please keep them home, even if only a little bit unwell. We know this is hard. The coach will have to send a player home if they are deemed to be unwell on arrival. If the player has pre-existing conditions ( asthma & hay fever etc ) symptoms must be well managed prior to the game or they can not play.
- Please let your coach know if your child will not be playing. Coaches have a very big job this year and it will help a lot if they know how many kids to plan for.