

SAFE REBOOT OF SPORT

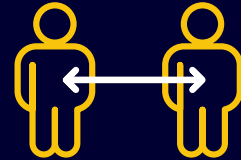
ANY DECISIONS ON TIMING OF RETURN TO TRAINING AND/OR COMPETITION MUST BE GUIDED BY YOUR STATE OR TERRITORY PUBLIC HEALTH REGULATIONS



'Get in, train and get out'



If you can do it at home, do so



Wherever possible, keep your social distancing of at least 1.5m



Keep numbers small during training



Keep change rooms clean or change at home



No high-5s, dance it out instead



Spectators should spread out and maintain social distance



Follow good hand hygiene

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