

Below are guidelines for our players to follow to keep themselves and other safe from COVID-19

INDIVIDUAL RESPONSIBILITIES



STAY AT HOME IF YOU ARE FEELING SICK



NO SHARING DRINK BOTTLES



NO SHAKING HANDS



WASH HANDS



COUGH INTO YOUR ELBOW



NO SHARING MOUTHGAURDS



NO SPITTING



WASH ALL EQUIPMENT INCLUDING GYM EQUIPMENT

Important Stay home if you are sick and do not attend trainings or games. If you have flu-like symptoms even if they are mild, self-isolate at home, contact your GP or Healthline on 0800 358 5453 and get tested immediately.

CONTACT TRACING

All players are **responsible** for making sure they sign in and out of trainings. This will be done through IDMe. Below is you need to do both training commences:

Can you all please make sure you register and have your IDMe QR Code on your phone. Go to www.idme.co.nz to obtain your personal QR code.

Your team manager will have 2 option for you to sign in:

- Scanner for you to sign in on arrival at training
- Manual sign in as shown below:

	<p>Open your QR code</p> <p>Click on: click here for manual sign-in which will take you to this screen</p>		<p>Enter your venue code, which is available from your team manger</p> <p>Click on check in</p> <p>Make sure you get confirmation</p>
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