

Raiders Player Guidance

Before the Game | Home



Wear a **clean kit**



Bring your own **hand sanitiser** with your name on



Bring your own **drink** with your name on



Wash your hands with soap and hot water (20 secs)

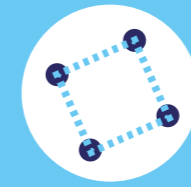
Arriving at the Game | Stay 2m apart



Tie your laces
Your manager cannot help



Wait for your manager to tell you to enter the pitch



Put your belongings in a **specified area**



Apply some **hand sanitiser**



Your manager will **tell you what to do next**

During the Game



Do not touch **equipment excessively** with your **hands**



Set Plays
Avoid long set-up or close marking



Cover your nose and mouth if you cough or sneeze
Please no spitting



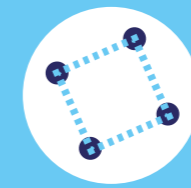
Balls should not be retrieved by non-participants and retrieved using feet



If you require **First Aid**, go to your parents.

In an **Emergency** your manager will apply PPE and support the parent with First Aid

After the Game



Return to the **safe area** with your manager



Apply some **hand sanitiser**



Wait for your parent to let you leave the safe area