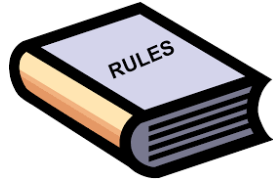


Return to Sport



Easy English Guide





The Government made new rules because of Coronavirus.

sick

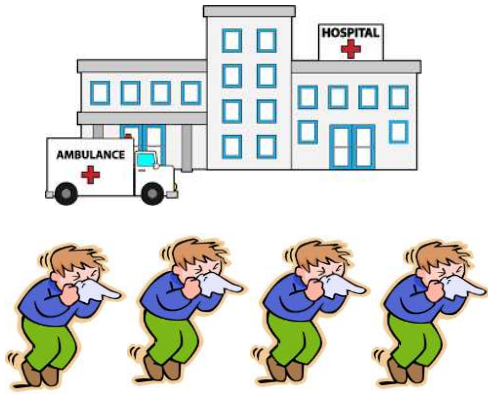


Coronavirus makes people sick.

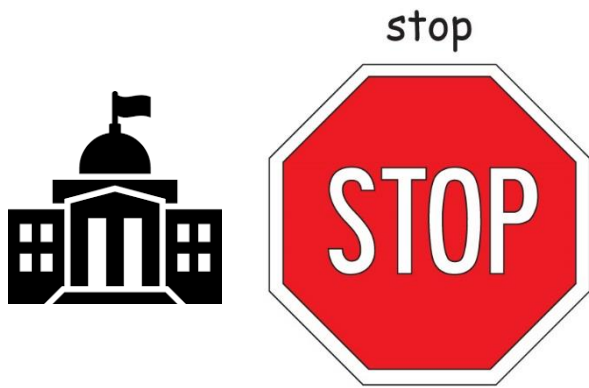


Coronavirus can spread easily:

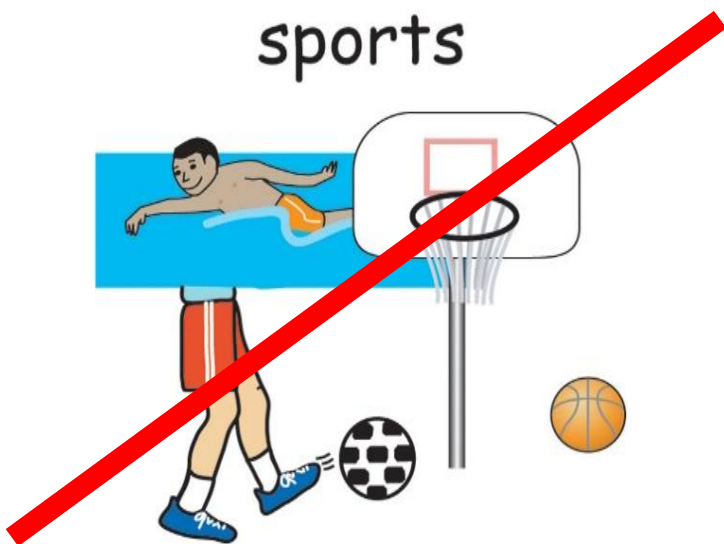
- when someone who has Coronavirus coughs or sneezes
- by touching something with the virus on it.



A lot of people were getting sick.



The Government said we had to stop doing a lot of things.



Like playing sport.



And being in big groups of people.

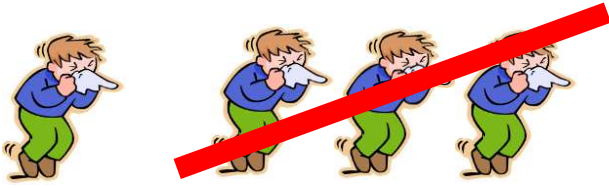
thumbs up



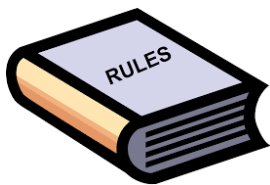
Good news.



People have listened to the government rules.



Less people are getting sick from Coronavirus.



The Government has new rules that let us do some of the things we did before Coronavirus.

sports

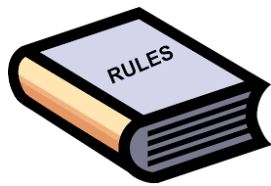


We **can** go to sport training again.

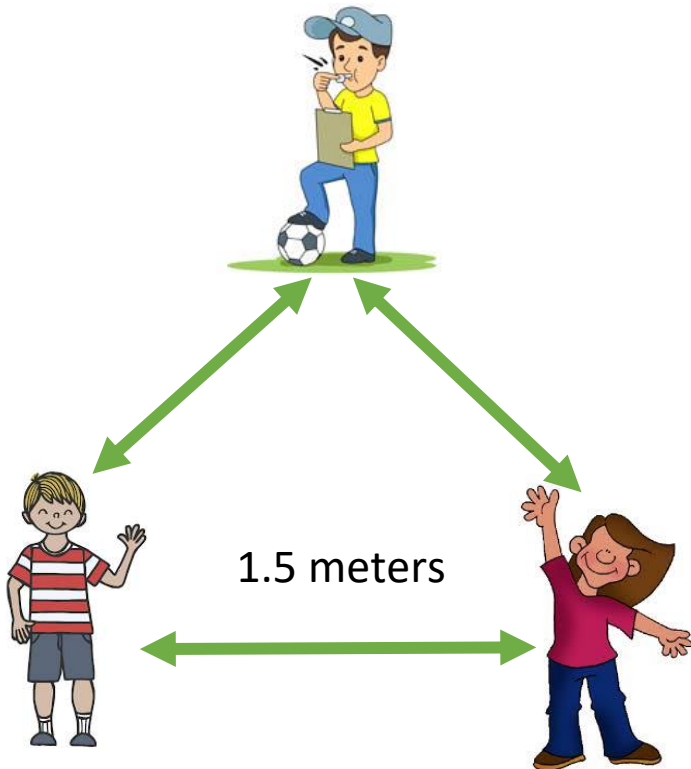
We **can** play some sport competitions again.



Ask your coach when your competition starts.



There are things we have to do to stay safe.



We stay 1.5 Meters away.

This is 2 big steps away from another person.



We wash our hands

- before sport
- after sport

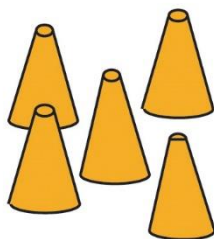


We do **not** touch our face

balls

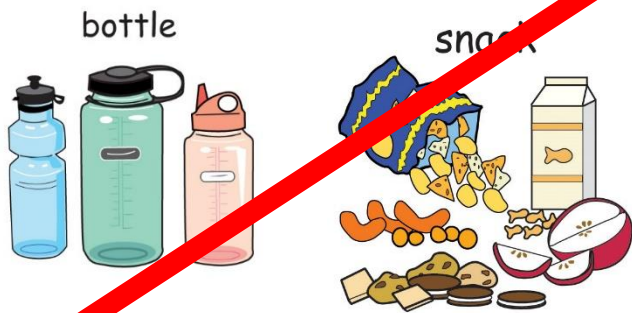


cones



We clean sport equipment:

- balls
- cones.

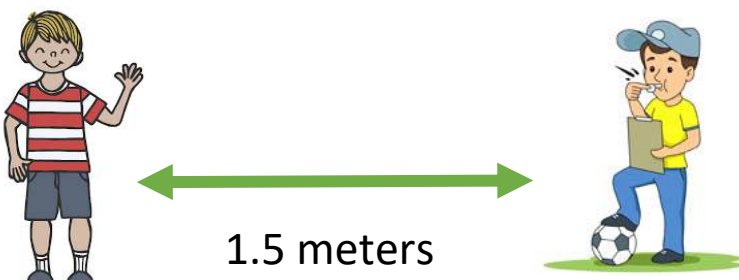


We do **not** share some things.

- do **not** share drink bottles.
- do **not** share towels.
- do **not** share food.



We can **not** do team huddles at training.



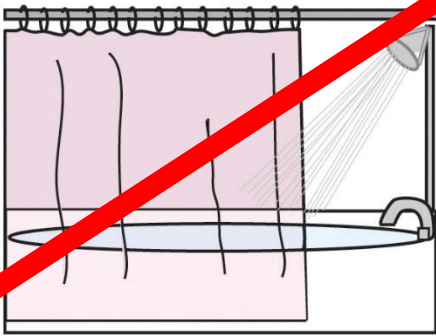
When the coach is talking to the team we stay 1.5 meters away.

changing room



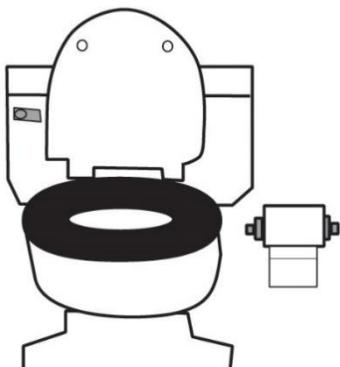
We **can** use changing rooms.

shower



We can **not** use changing room showers

toilet

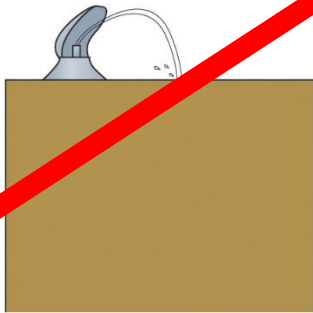


We **can** use toilets.



Remember to wash your hands
after.

drinking fountain



We can **not** use the drink
fountains

bottle



We make sure we fill our
drink bottles up at home.



We **can** go to the canteen.

sick



home



We stay home when we feel unwell.

doctor



parents



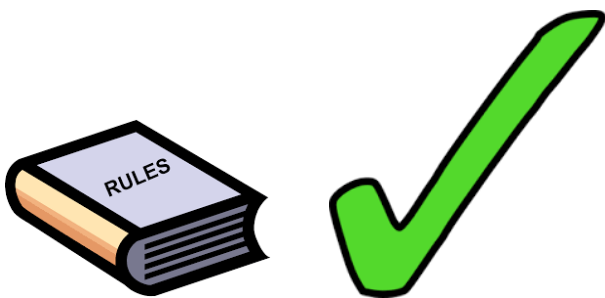
When we feel unwell we tell someone.

We can tell

- a doctor
- a parent
- a carer.



We listen to coaches about coronavirus rules.

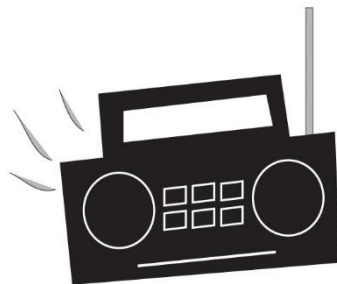


We follow new coronavirus rules at venues.

television



radio

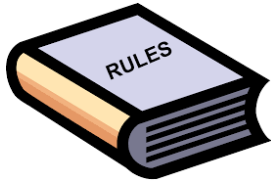


laptop computer



These rules might be:

- on the radio
- on television
- on the computer



The rules help keep us safe and healthy.

parents



If we do not understand we can ask:

- a coach
- a club member
- a caregiver

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