



Centrals Juniors AFL Club

Phase 1

"GET IN" > "TRAIN" > "GET OUT"

MAIN OVAL TRAINING SCHEDULE					
TIME	MON	TUE	WED	THU	FRI
4:55	Players "GET IN"				
5:00 - 6:00	U18YG	COLTS	U14	U16	U15YG
5:55	SIREN - 5 minute warning - 2 x 3 second blows				
6:00	SIREN - 5 second blow - Players "GET OUT" - Facilities Cleaned				

NOTES

- > Max 20 people
- > Team Managers [or their delegate] must sign in each player before entering Crathern recording individual names on the "Club Training Attendance Register"

- Players: > must use pedestrian gate near Storage Sheds to enter & exit grounds
- > are not permitted entry into Crathern unless they are fully dressed ready for training and have their own water bottle
- > are to "GET IN" "TRAIN" & "GET OUT"
- > may utilise town common to "warm up" including Nautilus St and area near Mens Shed
- > on Main Oval are only permitted to use Toilets at the changerooms and not at the Kenne
- Use Umpires Changeroom Toilets - Must be cleaned during "GET OUT" order
- > are not permitted entry into Crathern if they are unwell
- > may laterally move between groups of 20 but any one group cannot exceed 20

- > Teams may train off site with explicit approval from the President [or their delegate] to comply with insurance policy