

# SRHC Return to Training Schedule

“get in, train, get out”

AREA	TUESDAY	THURSDAY	SATURDAY
A	6:30pm to 8:00pm RWHC	5:00pm to 6:00pm 7/8 Boys	
		6:30pm to 7:30pm 7/8 Girls	
B		5:15pm to 6:15pm 7/8 Boys	
		6:45pm to 7:45pm 7/8 Girls	
C		5:00pm to 6:00pm Hawk in2 Hockey	
		6:30pm to 7:30pm Women 5	
D		5:00pm to 6:00pm 5/6 Boys	
		6:30pm to 7:30pm Men 5	
E		5:15pm to 6:15pm 5/6 Girls	
		6:45pm to 7:45pm Men Masters	
F (Turf North)	6:15pm to 7:15pm Women 1	5:15pm to 6:15pm 9/10 Boys	10:15am to 11:45am Women 1
	7:45pm to 8:45pm Men 1	6:45pm to 7:45pm 11/12 Boys	12:15pm to 1:45pm Men 1
		8:15pm to 9:15pm Men 3/4	
G (Turf South)	6:00pm to 7:00pm Women 2	5:00pm to 6:00pm 9/10 Girls	10:00am to 11:30am Women 2
	7:30pm to 8:30pm Men 2	6:30pm to 7:30pm 11/12 Girls	12:00pm to 1:30pm Men 2
		8:00pm to 9:00pm Women 3/4	

## BEFORE ARRIVING

Know your parking area, meeting location/group and training times

Be dressed ready to train and wash your hands

## ARRIVING

Arrive no more than 10 minutes before your scheduled time

Register with the coach/manager

Keep 1.5m away from others

## DURING TRAINING

Follow all coaches' instructions

Keep 1.5m away from others  
**NO TACKLING**

Sanitise hands when instructed

No socialising with other groups

## LEAVING

Wash or sanitise hands

Go straight to your vehicle and leave the grounds

Keep 1.5m away from others

All Senior (turf and grass) and Junior (turf only) training will commence week beginning Monday 25 May 2020  
Junior grass training and Hawk in2 Hockey will commence week beginning Monday 1 June 2020