

BE AWARE!

- **NO ONE** should play or participate in activities if they have symptoms.
- Be especially aware of good hand hygiene.
- Avoid change rooms. Change at home before and after activities. Hold gatherings outdoors.
- Encourage your team to play without spectators.
- If some, for the sake of their children, need to be present, spread out and keep your distance.
- Do not 'high five' or shake hands. Find alternative ways to greet one another.
- Keep your distance when possible. During this time, only the players on the pitch need to be in close contact.
- Show even greater respect for other people than usual.

Be safe!

