



When training begins:



DO

- ✓ Wear masks as much as possible. This includes when you arrive and depart from your program
- ✓ Recommend showering at home before and after practice
- ✓ Keep 2 meters (6 feet) away from other athletes and volunteers
- ✓ Arrive to practice ON TIME (no more than 5 minutes before practice starts)
- ✓ Leave straight after training is finished
- ✓ Bring and use your own water bottle
- ✓ Use hand sanitizer when you arrive and before you leave
- ✓ Use this [form](#) if you need to go to a **doctor or medical professional**.





DON'T

- ⊗ Don't go to practice if you don't feel well
- ⊗ Don't share your water bottle
- ⊗ Don't share your uniform or personal items
- ⊗ Don't shower or use the change room at training
- ⊗ Don't sneeze or cough into your hands
- ⊗ Don't hug, huddle, shake hands or high five
- ⊗ Don't Spit
- ⊗ Don't touch your eyes, nose or mouth
- ⊗ Don't be at training too early
- ⊗ Don't forget your mask

