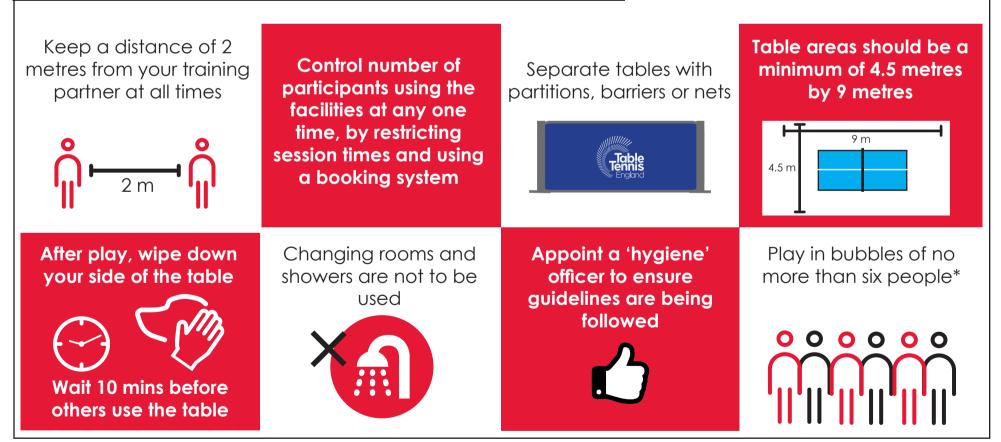
COVID 19: READY TO RETURN

STAGE 2 -RETURNING TO CLUB ACTIVITY



Hygiene recommendations: Wash or wipe balls No handshakina/ with disinfectant slapping hands Do not share Do not wipe your regularly equipment hands on the table Do not come to the club if you are having Use hand sanitisers Take responsibility Wash hands any symptoms on entry and for your own regularly and or have been No breathing on exit of venue, hygiene by before the start of in contact with the ball to clean as well as pre, any activity bringing someone who post and your own has tested hand during positive for sanitisers training Covid-19

Spatial and facility usage recommendations:



*Please refer to the Hygiene and Facility Guidance document where more detailed information is provided

Injury and illness:



- Players are encouraged to not take part in match play and more vigorous exercise straight away, it is important to build up to match play and higher intensity play to prevent ill health and injury
- You should feel you are in the correct physical condition before considering a return to training and match play

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