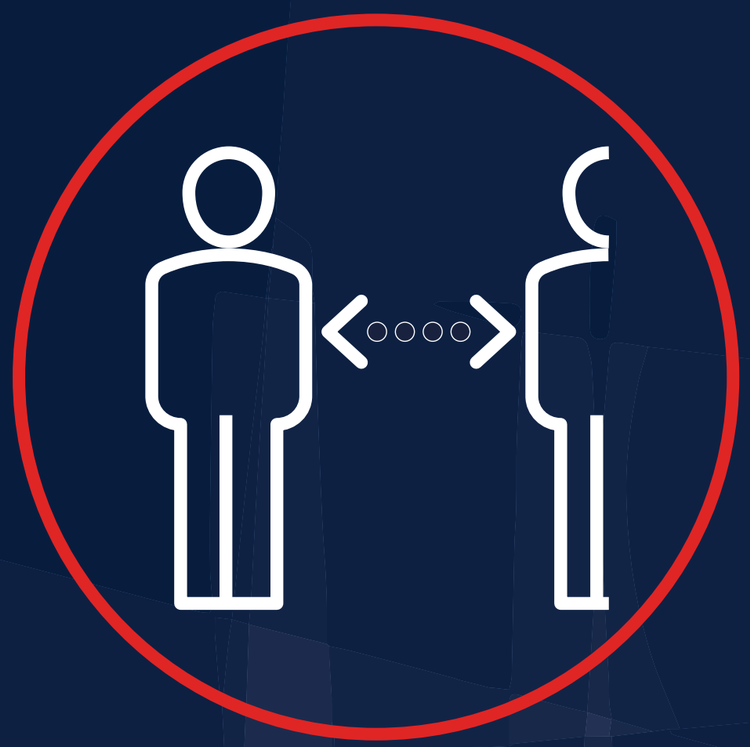

# MAINTAIN SOCIAL DISTANCING

1. When entering and leaving the pitch
2. During warm ups
3. At all times with match officials
4. During goal celebrations
5. After the game

The FA

FOR ALL

# HYGIENE

**1**

Wash your hands or use hand sanitiser before and after the game

**2**

No handshakes

**3**

Use your own water bottle

**4**

Avoid spitting and nose clearing

The FA

FOR ALL