



# 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



# 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