

# BE CAPTAIN SENSIBLE

WHEN YOU RETURN TO FOOTBALL!



**LABEL YOUR OWN DRINK!**

**AVOID SHARING EQUIPMENT**



REGULAR USE OF  
**HAND SANITISER**  
AT THE START  
& END OF YOUR  
SESSION.



**KEEP A  
2 METRE  
DISTANCE  
IF POSSIBLE!**



DO NOT ATTEND IF  
SHOWING ANY  
**COVID-19**  
SYMPTOMS.



**COVER  
COUGHS  
AND  
SNEEZES**



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