



# 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