

# HABITS WHICH HELP PREVENT AND AVOID INFECTION

If you are sick or have symptoms of infection, stay home. Shared wardrobes, showers and gyms are closed. Toilets are initially closed but can be opened to ensure good hand hygiene.

## BEFORE TRAINING:

Meet at the designated meeting point at the agreed time.

Always keep at least a distance of 1 meter to others.

Change into exercise clothes at home before training.

Wash your hands.

## DURING TRAINING:

Maximum 20 people in a group, remember distance of 1 meter to each other.

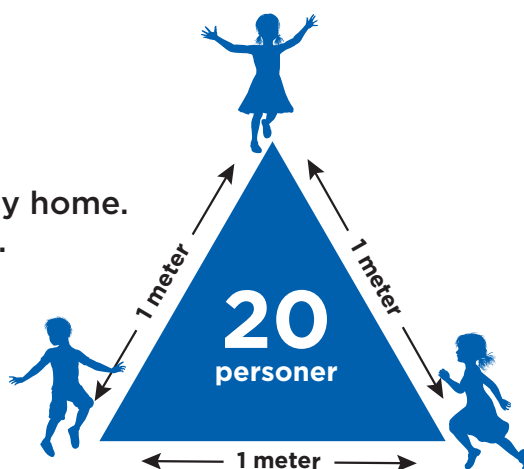
Avoid touching your face.

Wash your hands when changing activity and equipment.

Wash your hands after visiting the toilet and after you cough or sneeze.

Avoid spitting during activity.

Avoid sharing drinks and food.



## AFTER TRAINING:

Wash equipment such as balls, pillows, etc. after the activity has ended.

Leave the training facility immediately after the training has ended.

Wash your hands.

## SHARED EQUIPMENT:

As long as the hygiene advices is followed, equipment can be used by other persons immediately.

Equipment that are in close contact with face and hands, such as helmets and gloves, should be restricted and disinfected between the use of various persons.

**NB:** The different associations also have their guidelines specific to their sports. We encourage everyone to read and understand these.



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