# **INFORMATION SHEET FOR ATHLETES & VOLUNTEERS**

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| C:\Users\mmerrick\Desktop\Return to activity\Athlete\hand.jpg | Remember to wash your hands before going to training and use sanitiser when you get to your club. |
| C:\Users\mmerrick\Desktop\Return to activity\Athlete\bottle.jpg | Bring your own water bottle with your name clearly marked on it and come dressed ready for training. |
|  | You should only travel to you activity with members from your own home/place of residence.  If using Public Transport a face mask must be worn as per COVID-19 Government guidelines. |
| C:\Users\mmerrick\Desktop\Return to activity\Athlete\social d.png | Follow instructions from your coaches and volunteers about keeping your distance. |
| C:\Users\mmerrick\Desktop\Return to activity\Athlete\cough.png | Cough or sneeze into your bent elbow or tissue. If using tissues throw it in the rubbish bin and wash your hands. |
| C:\Users\mmerrick\Desktop\Return to activity\Athlete\bow.png | Use a bow to say hello or foot bump to say well done.  NO shaking hands, high fives or hugs. |
| C:\Users\mmerrick\Desktop\Return to activity\Athlete\bye.jpg | After training go straight to your car and wash your hands when you get home. |