

## General Hygiene Protocol

- Wash hands with hand sanitizer immediately before leaving home and after soccer activities and during scheduled breaks.
- Do not spit at any time.
- Clearly label your own water bottle. Do not share bottles.
- Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).
- Carry hand sanitizer in order to enable good personal hygiene.
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- Avoid touching eyes, nose or mouth.
- Shower at home before and after training.



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