



General Hygiene Protocol

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