



- GET IN – PLAY – GET OUT**
- One ENTRY & One EXIT to venue
 - One entry & one exit to each field
 - Do not mingle with other teams
 - Be picked up in the car park
 - Maintain social distancing at all times
 - Shower at home
 - Leave the match immediately
 - Changing rooms are closed
 - Avoid touching your face
 - No spitting
 - Do not share food, drinks or towels
 - Bring your own full water bottle
 - Stay at home if you are unwell**
- Respect instructions from management & officials