




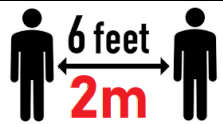







## HARROGATE GATEWAY FOOTBALL CLUB

There are 10 rules to follow.

These will help to stop the spread of COVID-19

	1. Stay at home if you feel sick or have a bad cough
	2. Shower (at home) before and after training
	3. Wear a face mask when travelling to and from training. Especially when using public transport
	4. Do not borrow or share things such as; ○ shin pads ○ goalkeeper gloves ○ or water bottles. Bring your own.
	5. Use the hand sanitiser provided, before and after training
	6. Cough and sneeze into your elbow
	7. Try to stay 2 meters away from each other
	8. Do not hug, high five or shake hands with your team-mates or coaches
	9. Do not touch, pick up or moved equipment, such as cones or goalposts. Do not pick up the football
	10. Leave once training has finished and go straight home

