



COVID-19 AND HOCKEY: EXPOSURE AND TRANSMISSION REDUCTION GUIDELINES

2 V 2



FACE-MASKS

- Minimise respiratory droplet spread



HYGIENE MEASURES

- Wash hands for 20 seconds
- Hand sanitizer (70% alcohol)
- Soap and water



SOCIAL ETIQUETTE

- Change in social greetings
- Sneezing and coughing etiquette



SOCIAL DISTANCE

- 2metre minimum
- Avoid crowded areas and gatherings

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