

# COVID-19 PLAYER RESPONSIBILITIES

ENGLAND LACROSSE MEMBERS ARE RESPONSIBLE FOR HELPING TO STOP THE SPREAD OF CORONAVIRUS. THESE GUIDELINES ARE DESIGNED TO ASSIST IN UNDERSTANDING WAYS YOU CAN HELP.

## PREPARING FOR YOUR TRAINING



SHOWER AT HOME BEFORE & AFTER TRAINING.



PREPARE & DRESS FOR TRAINING AT HOME.



ONLY PRACTISE IN PERMITTED OUTDOOR SPACES.



BRING OWN LABELLED WATER BOTTLE.



FOLLOW PUBLIC HEALTH GUIDANCE, WASHING YOUR HANDS REGULARLY.

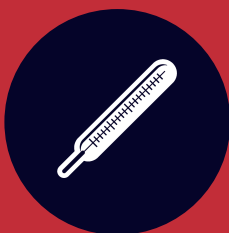


DON'T SHARE EQUIPMENT SUCH AS STICKS OR WATER BOTTLES. ONLY HANDLE YOUR OWN LACROSSE BALLS (MARK THEM UP IF NECESSARY).



USE YOUR STICKS AS A GOOD GUIDE FOR PRACTICAL SOCIAL DISTANCING. IF YOU CAN TOUCH STICKS, YOU'RE TOO CLOSE TO EACH OTHER.

## DO NOT ATTEND TRAINING IF YOU EXPERIENCE ANY OF THESE SYMPTOMS.



A HIGH TEMPERATURE.



A NEW, CONTINUOUS COUGH.



A LOSS OF, OR CHANGE TO, YOUR SENSE OF SMELL OR TASTE.

ALWAYS FOLLOW THE LATEST GOVERNMENT AND PUBLIC HEALTH GUIDELINES.

[WWW.ENGLANDLACROSSE.CO.UK/CORONAVIRUS](http://WWW.ENGLANDLACROSSE.CO.UK/CORONAVIRUS)

