

FOOTE FIELD HYGIENE GUIDELINES



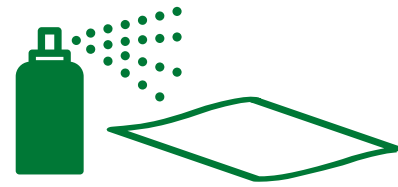
Practise Physical Distancing: Keep at least 2 arms' lengths (2 metres/6 feet) away from others.



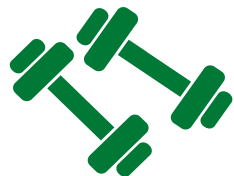
Wear a mask in all public spaces
(Except when participating in vigorous physical activity or exercise).
Avoid touching your face.



Wash your hands properly before and after your visit. Use soap and lather up. Sanitize if you can't wash.



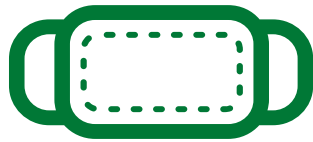
Wipe down the equipment before and after you use it.



Do not share equipment during activity and place equipment in the designated area after use.



Screen yourself before you come to the facility, and do not come if you are showing any symptoms of COVID-19 or not feeling well.



Cover up cuts, blisters or open wounds before working out.



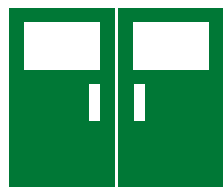
Come changed and prepared for activity, no access to locker rooms.



Follow all arrows and directional signage in the facility to reduce contact with others.



Use your own uniquely marked water bottle and avoid using the drinking fountain.



Avoid touching surfaces while inside the facility with your hands. Use your Foot or hips to push open doors where required.



Wash and dry your workout clothes after each time you wear them.

