Let’s Team Up Against Corona!

How to stay safe from Corona Virus during sports activities.

✔️ Dos

- Keep distance while playing
- Wash your hands and sports equipment with soap and water
- Always wear a mask when outside. However, do not wear a mask when exercising to breathe comfortably
- Sneeze or cough into your arm or elbow
- Eat healthy and stay hydrated to keep fit

❌ Don’ts

- Do not hug or high five during games
- Do not come to play if you feel sick
- Do not share food or water bottles on the field
- Do not touch your face