

# Help make sure the return to sport and physical activity is as safe as possible.

Follow these **six steps** to maintain good hygiene and stop the spread of coronavirus:

1



Maintain social distancing

2



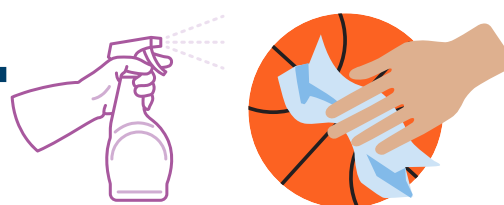
Ensure clean hands and avoid touching your face

3



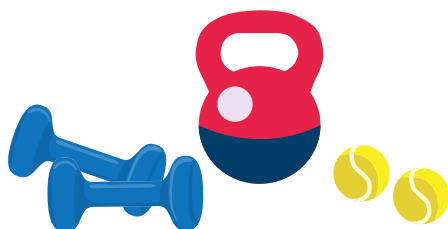
Cover coughs and sneezes

4



Ensure clean surfaces and equipment

5



Avoid sharing equipment

6



Clean and cover wounds