

PRACTICAL COVID TIPS FOR SPORT AND ACTIVITY

Everyone in your club, school, and community activity is responsible for making a COVID-Safe environment so all can enjoy sport and activity.



supported by



Government of South Australia

Office for Recreation, Sport and Racing

WHAT YOU CAN DO...

1



**FEELING UNWELL?
STAY AT HOME.**

DON'T RISK YOUR MATES OR YOUR SEASON!

2



ARRIVE READY

***DRINK BOTTLE FULL
GET DRESSED AT HOME
TAPE AT HOME IF POSSIBLE***



3



**ENSURE YOU
HAVE A MASK
TO WEAR**

4

HAND WASHING

***BEFORE/AFTER TOUCHING COMMON SURFACES
BEFORE/AFTER TOUCHING A PERSON
AVOID TOUCHING FACE AND MOUTH***



5



***AVOID CLOSE CONTACT
WHEN POSSIBLE
NO HAND SHAKING
NO HUGGING***



6

AVOID SPITTING **COVER YOUR COUGH AND SNEEZE**

