DO’S & DON’TS 
DURING TRAINING

01 WASH YOUR HANDS
Wash your hands thoroughly with warm water and soap or alcohol-based hand rub before and after your training session.

02 WIPE OFF EQUIPMENT
Bring a separate towel for wiping off training equipment before and after you use them. Wash the towel in a high temperature program.

03 TRAIN OUTSIDE
If possible, train outside or at home. Take a run in the park, visit outdoor gyms, use your own body or surrounding objects instead of weights.

04 KEEP YOUR DISTANCE
Maintain at least 1 m distance between yourself and anyone who is coughing or sneezing. Send this checklist to the person in question.

05 AVOID TOUCHING EYES, NOSE & MOUTH
As your hands touch many surfaces, they may be contaminated and thereby pose a risk of transferring the virus.

06 COVER YOUR SNEEZES AND COUGHS
Make sure to cover your entire mouth and nose with the inside of your elbow or a tissue. Dispose of the tissue/wash yourself off after.

07 NOT FEELING 100%? STAY AT HOME
If you feel unwell, even a little, you should stay at home to avoid infecting others. Better safe than sorry.