

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.**