



# Being COVID Safe at Events

**Please observe the following guidelines at today's event for the safety of all competitors**

## General Health

- Practise safe respiratory hygiene (coughing and sneezing into elbow etc)
- No spitting
- Avoid touching your eyes, nose and mouth
- Maintain social distancing (1.5m between people)
- Avoid physical contact with others
- Frequently sanitize hands
- Wash your hands as soon as you return home