

FOOTVOLLEY PRECAUTIONS

DO NOT PLAY FOOTVOLLEY WHEN YOU:

- HAVE A HIGH RISK OF SEVERE COVID-19 SYMPTOMS
- HAVE (EVEN MILD) SYMPTOMS LIKE NOSE COLD, COUGHING, SHORTNESS OF BREATH OR A FEVER
- WERE IN CLOSE CONTACT WITH COVID-19 PATIENTS OR PERSONS WITH SYMPTOMS IN PAST 14 DAYS



Wash hands
before and after



Disinfect materials
before and after



Do not touch
the net & poles

max



persons*



Keep 1.5m distance
and avoid collisions



Go home after
training to shower

* NATIONAL LAWS ALWAYS HAVE PRIORITY
MORE INFO ON [FOOTVOLLEYEUROPE.COM](https://www.footvolleyeurope.com)