

WELSH NETBALL COMMUNITY GAME GUIDANCE

STAGE 1 INDIVIDUAL ACTIVITIES

All individuals must follow Welsh Government social distancing guidelines.



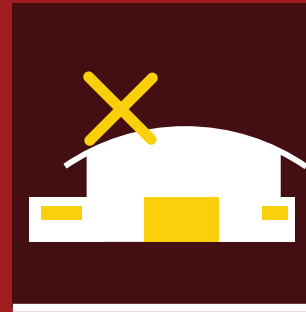
Outdoor fitness-based training is permitted with household members or people from one other household.



When exercising with people from another household, stay 2m apart.



No physical contact.



All leisure facilities remain closed in line with government guidance.



No sharing of equipment (balls, bibs etc) outside members of the same household or drinks bottles.



Wash hands regularly and do not train at all if you feel unwell.

→ **IF YOU ARE SHOWING ANY SIGNS OF COVID-19 YOU MUST SELF-ISOLATE AND NOT MEET UP WITH PEOPLE OUTSIDE OF YOUR HOUSEHOLD** ←

Guidance can change at short notice, and restrictions can be reintroduced.
Stay up to date on the latest Welsh Government guidelines: www.gov.wales/coronavirus