

It's down to us

**KEEP THE RATE DOWN
IN LEICESTER
LEICESTERSHIRE
AND RUTLAND**
COVID-19

Follow the guidelines to help control coronavirus

When travelling to matches or training



Travel in family or household groups



Drive alone if possible



If you have to car share, wear face coverings, keep windows open, wash hands before and after

At the match or training



Arrive in your kit



Keep 2 metres apart in team huddles



Celebrate safely, elbow to elbow, feet to feet

Post match or training



Social distance



Avoid physical contact with others



If you mix with your mates, don't mix with vulnerable relatives