

Instructions for players to match events during Covid-19



- If you have underlying conditions, talk to your doctor individually. For example, underlying conditions include severe heart and blood vessel diseases or diabetes that has caused organ damage.



- Fill in self-evaluation form in match day morning. If any anomalous observation, e.g. fever, cough, shortness of breath, contact your club's responsible person immediately.



- Prioritize bike / own car when travelling to the stadium.
- Always use hand sanitizer when going in and out from team bus. Recommended to use face mask when travelling in bus. Only players in squad are allowed to travel with the team.



- Wash / sanitize your hands always when going to the locker room. If possible, prioritize showering at home after the game (home games). Only players in game squad are allowed in locker room area.

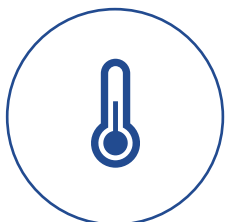


- Keep 1-2 metres distance when walking to the field
- No players in lines before game
- No team pictures before or after matches
- No handshakes before or after matches
- It is ok to celebrate the goals, but if possible, try to avoid too close contact with team members
- Always drink only from individual water bottle
- Avoid spitting. Cough / sneeze to your jersey.
- Avoid touching your face with your hands (use your jersey, if needed)



Outside team events:

- Always remember good hand hygienic
- Avoid crowds and maintain at least a one-metre distance from other people.
- Do not touch your eyes, nose or mouth unless you have just washed your hands.
- Cough and sneeze into a disposable tissue and put the tissue in the bin immediately after use. If you do not have a tissue, cough or sneeze into your sleeve, not into your hands.



- If you suspect that you have coronavirus, inform your team representative and contact health care to have corona virus test. If your coronavirus disease has been confirmed, follow the instructions of public authorities. Public authorities investigate the possible quarantine needs for others.
- Discuss about the communication of the matter with the team media officer.