



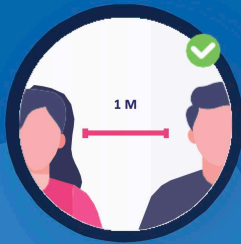
Presidency of the
Council of Ministers
Office for sport

Sport restarts safely

Within the playing venue the possibility of carrying out the following hygiene practices is guaranteed:



WASH YOUR HANDS
FREQUENTLY, EVEN THROUGH
SPECIAL DISINFECTANT GEL
DISPENSERS



MAINTAIN THE MINIMUM
INTERPERSONAL DISTANCE
OF 1 MT IN THE EVENT OF NO
PHYSICAL ACTIVITY



ALWAYS DRINK FROM
SINGLE USE GLASSES OR
PERSONAL BOTTLES



NEVER TOUCH EYES, NOSE
AND MOUTH WITH YOUR
HANDS



SNEEZING AND / OR COUGHING
IN A TISSUE AVOIDING HAND
CONTACT WITH RESPIRATORY
SECRETIONS; IF YOU DO NOT
HAVE A TISSUE, SNEEZE IN THE
INSIDE OF THE ELBOW



AVOID LEAVING IN PLACES
SHARED WITH OTHER CLOTHES
WEAR FOR PHYSICAL ACTIVITY,
BUT STORE THEM IN
BACKPACKS OR PERSONAL
BAGS AND, ONCE COME BACK
AT HOME, WASH THEM
SEPARATELY FROM THE OTHER
INDUMENTS



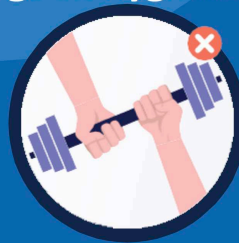
MAINTAIN THE MINIMUM
INTERPERSONAL DISTANCE
ADEQUATE TO THE
INTENSITY OF THE SPORT
YOU PRACTICE, HOWEVER
NOT LOWER THAN 2 MT



IMMEDIATELY THROW
TISSUES OR OTHER USED
MATERIALS (WELL SEALED)
INTO CONTAINERS

For the purpose of implementing good hygiene practices:

MAKE AVAILABLE A COLLECTION SYSTEM
DEDICATED TO POTENTIALLY INFECTED
WASTE (EX. DISPOSABLE HANDKERCHIEF,
MASKS / RESPIRATORS)



IT IS FORBIDDEN ANY EXCHANGE
BETWEEN SPORTS OPERATORS AND
PERSONNEL IN ANY EVENT ON THE
SPORTS SITE OF DEVICES
(SMARTPHONES, TABLETS, ETC.) AND
SPORTS EQUIPMENT

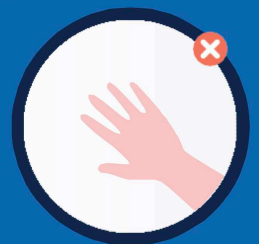
In addition those who practice the activity are required to:



DISINFECT YOUR PERSONAL
EFFECTS AND NOT TO SHARE
THEM (BOTTLES, TISSUES,
TOOLS, ETC ..)



ARRIVE ON THE PLAYING VENUE ALREADY DRESSED
IN SUITABLE WAY FOR THE ACTIVITY THAT WILL BE
PRACTICED OR IN A WAY TO USE COMMON SPACES
TO DRESS AND EQUIPPED WITH SEALING
ENVELOPES FOR THE COLLECTION OF POTENTIALLY
INFECTED WASTE



DO NOT TOUCH OBJECTS
AND FIXED SIGNAGE

Follow the detailed instructions for your discipline issued by the National Sports Federations and
Associated Sports Disciplines, as well as by the Italian Sports Medical Federation

