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 m 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.
- Sneeze and/or cough 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 indument.
- Maintain the minimum interpersonal distance adequate to the intensity of the sport you practice, however not lower than 2 m.
- 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.