



## GOOD HABITS GUIDE

1. Everyone is encouraged to practice good hand hygiene. This means washing hands with soap and water regularly for at least 20 seconds. Hand sanitiser should be used where hand washing is not convenient.
2. Hands should be washed or sanitised after entering a building or moving between spaces, before and after eating and drinking, after touching high contact surfaces such as door handles and when arriving home.
3. If you use shared surfaces; make sure to wash your hands before and after using it and always before eating or drinking.
4. Absolutely no sharing of any personal belongings, clothing, equipment especially gloves and masks.
5. Everyone should protect their skin by applying hand moisturising cream regularly, after hand washing.
6. Paper towels will be provided in place of air dryers where possible. Paper towels can be more effective than air dryers for removing microbes when still-contaminated hands are dried.
7. Everyone is encouraged to practice good respiratory hygiene. This means catching coughs and sneezes in tissues (catch it, bin it, kill it).
8. Everyone is encouraged to avoid touching their face without washing hands first. No-one should hug or shake hands.
9. All shared areas must be kept clear of personal items to prevent transmission by contaminated items
10. Bring your own full, water bottle and do not share with others.
11. Ensure that you wipe down all your equipment before and after use and bring only the absolute minimum amount of equipment you need for the session.
12. Take home all your fencing equipment and do not leave anything at the venue.

