

# NEW ZEALAND RUGBY COVID-19 HYGIENE REQUIREMENTS

## Individual Responsibilities



Stay home if you are feeling sick.

Cough into your elbow.

Avoid touching your face.

Avoid spitting.

Wash and dry hands e.g. before and after training, after going to the toilet and after coughing or sneezing.

Do not share whistles or water bottles.

Contact your doctor if you have flu-like symptoms.



## Team Responsibilities

Disinfect equipment, particularly the rugby ball, before and after rugby trainings and games.

Ensure the facilities and training equipment you are using have been cleaned to Ministry of Health hygiene standards.

Ensure there is adequate hand sanitiser and hand washing amenities at the facility or venue you are using.

## PLAY IT SAFE

Go to [newzealand.rugby/covid-19](https://newzealand.rugby/covid-19) for more information.