



5-A-SIDE INDOOR SOCCER FACILITY

A set of protocols for your safety at the centre:

1 METRE RULE

You must keep a 1m distance from all 3Gi staff, on and off the pitch, at all times.

LIMIT CONTACT

Wait until the previous teams have left the pitch before you enter the astro, and respect social distancing guidelines.

NO SHAKING HANDS

There should be no shaking hands before or after the game with the referees or opposition in order to limit the spread of germ.

WASH HANDS BEFORE & AFTER

Be smart, wash your hands before and after you go on the pitch, and wash them thoroughly with soap.

AVOID CAR SHARING

We recommend you travel to 3Gi in your own vehicle, or where possible consider walking or cycling.

COMMIT TO GET FIT

One of the biggest protectors against viral disease is exercise; to be fit and healthy. Eat well, run, play sports.

COMPLETE HEALTH DECLARATION

Make sure you read and adhere to the 3Gi Health & Fitness Health declaration at all times.