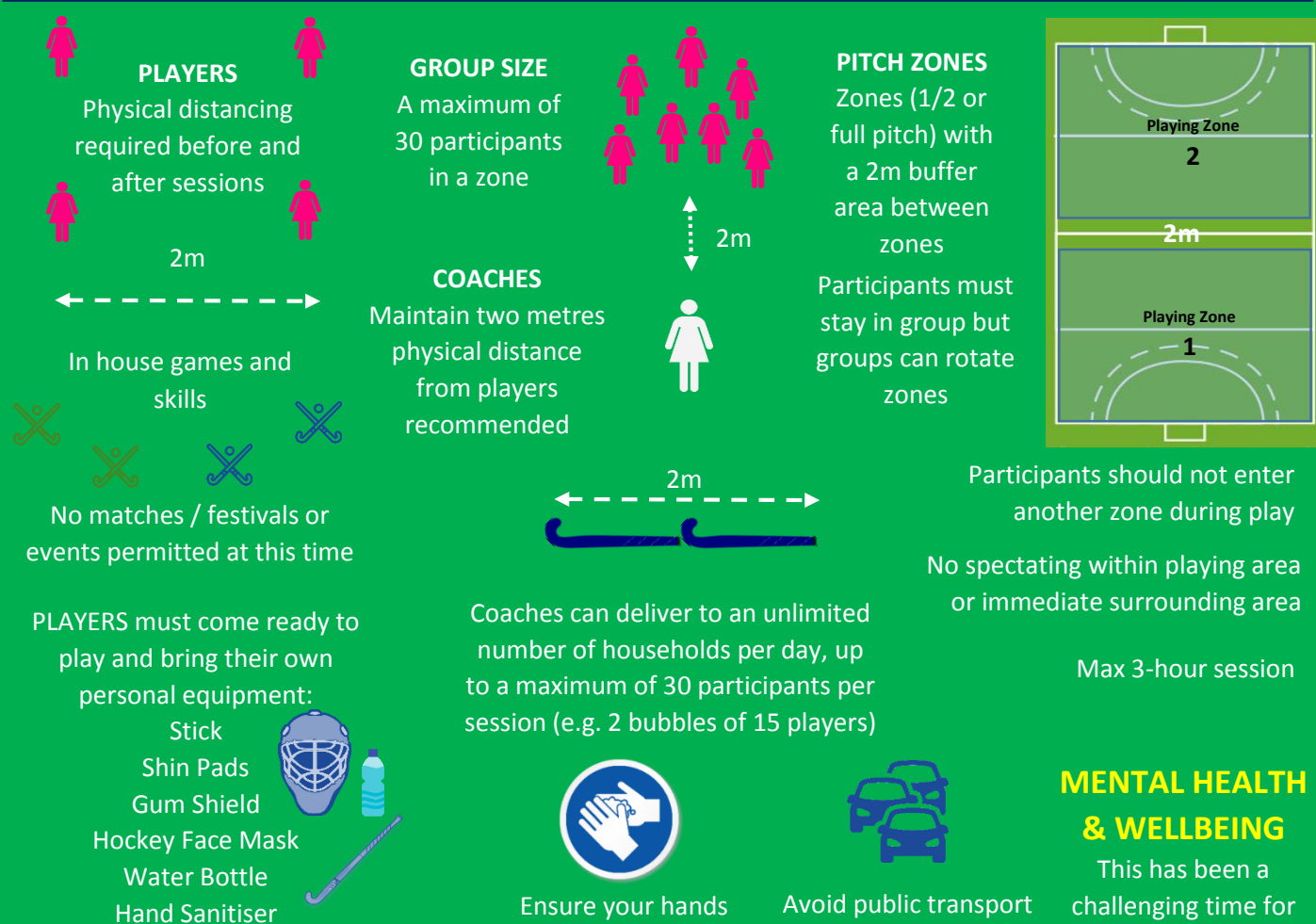


## RETURN TO TRAINING



For all the latest COVID -19 updates from the SHU – [www.scottish-hockey.org.uk/covid-19/](http://www.scottish-hockey.org.uk/covid-19/)

## PERMITTED ACTIVITY – RETURN TO TRAINING – ADULTS 18 + YEARS OLD



## MENTAL HEALTH & WELLBEING

This has been a challenging time for all of our GHK community. Stay in touch, be kind and continue to look after one another

**You must not attend any group activity if you:**

Have been unwell or had any flu-like symptoms – Loss of taste or smell / persistent cough / breathlessness / high temperature

Have been in contact with a known or suspected case of COVID – 19

You must - Follow Scottish Government guidance on self-isolation

**To prevent the spread of the virus – We should all follow the FACTS**

**F**ace Coverings / **A**void crowded places / **C**lean hands regularly /  
**T**wo metre distance / **S**elf-isolate and book a test if you have  
symptoms

[www.nhsinform.scot/coronavirus](http://www.nhsinform.scot/coronavirus)