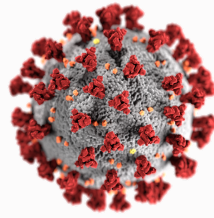


Coronavirus disease (COVID-19) : Recommendations



Please note that due to the COVID-19 epidemic, we kindly ask you to take all necessary precautions during the training sessions and recommend you to follow the below health suggestions:

1. Wear a mask and encourage others to do the same.
2. Maintain at least a 1-metre distance between yourself and others participants to reduce your risk of infection when they cough, sneeze or speak. Maintain an even greater distance between yourself and others when indoors. The further away, the better.
3. Open a window in the training room. *Increase the amount of 'natural ventilation' when indoors.*
4. Make sure that all necessary supplies are available – hand hygiene stations, hand sanitizer or soap and water, tissues, closed-lid bins, distance markers, masks.

For more information on how to protect yourself against COVID-19 [click here](#). If the necessary precautions cannot be taken during group sessions, we invite you to organize individual training sessions.