



TABLE TENNIS NEW SOUTH WALES INC

Help Us Keep COVID-19 Away

If you are visiting the Sports Halls, please observe the following good hygiene practices to reduce the risk of infection with COVID-19:

- Sanitise your hands when entering the Sports Halls and at regular intervals.
- Wash your hands regularly for 20 to 30 seconds.
- If soap and water is not available, use an alcohol-based hand sanitiser.
- Hand sanitiser does not replace washing your hands after using the bathroom.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose with a tissue when coughing and sneezing, or cough into your elbow.
- Dispose of used tissues into a bin immediately and wash your hands afterwards.
- Practice social distancing:
 - ◆ Keep a distance of 1.5 metres between you and other people
 - ◆ Avoid crowds and large public gatherings
 - ◆ Avoid shaking hands or any other physical contact

Thank you for your support!

Table Tennis NSW Inc.