

Covid-19 information sheet

IRO Training Grounds

We recommend compliance with the following protective measures when using the IRO Training Grounds:

1. Keep distance

A distance of at least 1.5 metres from other people should be maintained, both during training and in pre- and post-training discussions as well as during breaks.

2. Wear a face mask

If it is not possible to keep a minimum distance of 1.5 metres, it is recommended to wear a face mask.

3. Follow hygiene tips

- Wash your hands regularly
- Cover your mouth and nose with the inside of your elbow when you cough or sneeze
- Avoid touching your face

4. Stay at home if you have symptoms typical of Covid-19

If you have flu-like symptoms (fever, cough, cold, etc.) or if close contacts / people from the same household are ill, it is safer to stay at home.

5. Use your own training items

If possible, only use your own training tools, such as a dumbbell, dummies, or other items. It is recommended to store the objects in a bag.

We wish you a safe and successful training!