



REAL FEDERACIÓN ESPAÑOLA DE GOLF

## SOCIAL DISTANCING AND HYGIENE MEASURES

In general, social distancing is considered the most effective way to minimize the risk of disease transmission, along with good hygiene practices, such as regular hand washing.

In all competitions, and among those who are not on the field / playing court / Course, it is recommended to respect at all times a social distancing of 1.5 meters, and in no case, less than that established as mandatory by the competent authorities .

Strict distancing measures must be applied between athletes and other groups of people who are in the sports facility or space where the competition takes place.

The use of the mask by athletes and refereeing teams during training and competitions is voluntary. In any case, at specific times and in exceptional situations of the pandemic, the regional authorities and / or the Spanish Golf Federation themselves, if they deem it appropriate, may demand the permanent use of masks during training and competitions when they are on the field / playing court. It is mandatory for all athletes and other team members (Coaches, Captains, Officials, referees, etc.) to use the masks while they are not within the competition area or playing area, except for the coach or team adviser when he is giving instructions to his players.

### **Recommendations for participants, team members and sports delegations:**

#### **At family and social level:**

- Comply with social distancing.
- Avoid displays of affection and affection that imply physical contact with third parties outside the area of habitual coexistence who may belong to a risk group.
- Reduce the number of contacts to the usual circle and reduce the number of people in social gatherings (recommended less than 10 people)
- Always use of the mandatory individual mask.
- Maintain exquisite hand hygiene with frequent washing with soap and water correctly.
- Use of hydroalcoholic solutions if hand washing with soap and water is not possible.
- Avoid touching your eyes, nose, and mouth with your hands.
- If it arises from sneezing or coughing, appear from any person, and cover yourself with your arm even wearing a mask or use disposable tissues, with subsequent hand washing.
- Replace the mask if it is damp.
- Extreme caution in crowded public places, keeping the distance of 1.5-2 meters.
- Avoid, if the health situation does not improve, public places where compliance with preventive measures may be more difficult to comply with.
- Maintain fluid communication with partners and close contacts in case any unwanted contagion arises.



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### **During the Competition:**

All the above from the individual and collective preventive sphere and, in addition, follow the following recommendations:

- Avoid greetings and displays of affection, by other forms of contact.
- Scrupulously control the maintenance of hygiene and disinfection of the facilities and implements necessary for sports practice.
- Avoid physically coinciding with the other team or other athletes on arrival and\ exit from the facilities.
- Do not share bottles of water or any other liquid, having to do an exclusive individual use.
- Do not share the necessary implements for the practice of sport.
- Be extremely scrupulous with all health, medical and physiotherapeutic care before, during and after competition.
- Have all the sanitary guarantees of all participants, including officials, referee teams and other people who participate in the development of the match.