

## Current Guidance on Travel to training and matches

All participants and other attendees should follow best practice for travel, including minimising use of public transport. Participants should walk or cycle if possible. People from a household or **support bubble** can travel together in a vehicle.

If participants do have to travel with people outside their household or support bubble they should try to:

- Share the transport with the same people each time;
- Keep to small groups of people at any one time;
- Open windows for ventilation;
- Face away from each other;
- Clean the car between journeys using standard cleaning products – including door handles and other areas that people may touch;
- Ask the driver and all passengers to wear a face covering;
- Consider seating arrangements to maximise distance between people in the vehicle – this may mean using more than one coach or minibus if possible, and the wearing of face coverings on coaches or minibuses;
- Require regular hand sanitisation by passengers on a coach or minibus;
- Limit the time spent at garages, petrol stations and motorway services;
- Keep distance from other people and if possible, pay by contactless;
- Wash hands for at least 20 seconds or sanitise hands often, and always when exiting or re-entering the vehicle;
- When finishing the journey participants should wash their hands for at least 20 seconds or sanitise their hands as soon as possible.