

**AMERSHAM TOWN FOOTBALL CLUB**

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

 • 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 passengers to wear a face covering as well as yourself;

• Consider seating arrangements to maximise distance between people in the vehicle

• 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.

**M Gahagan**

**Welfare Officer**

**Amersham Town FC**