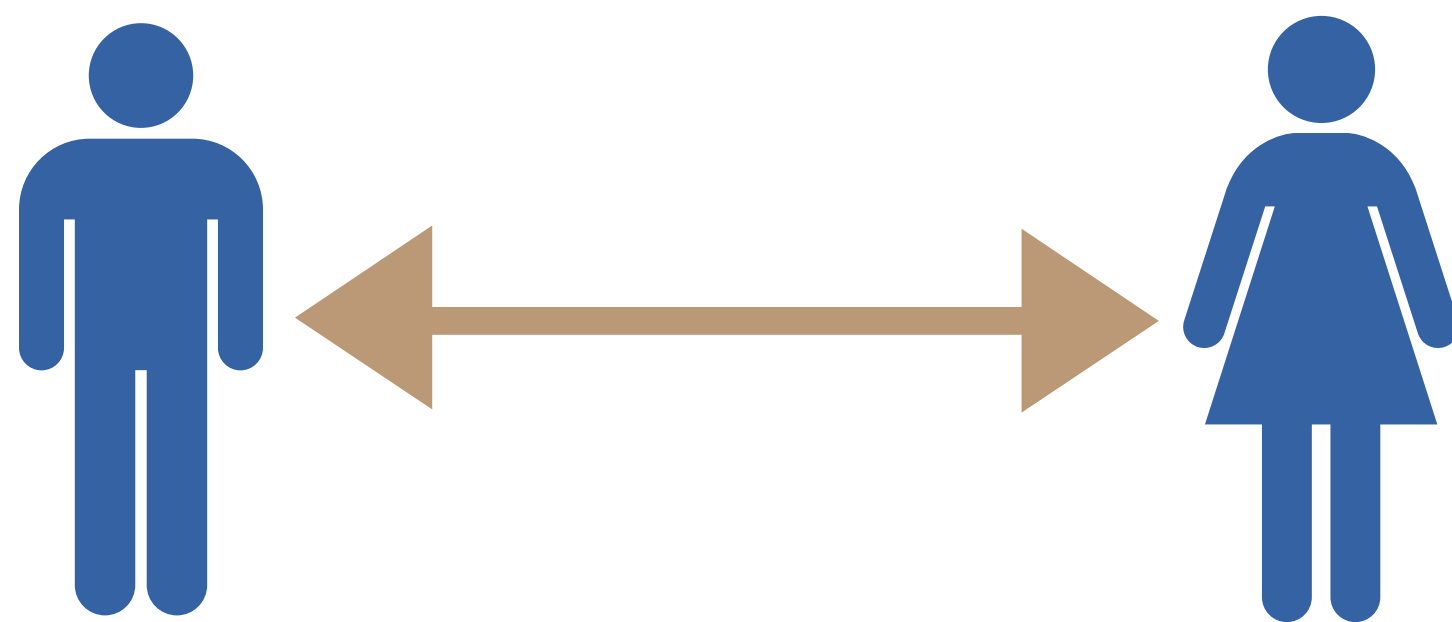


Everyone has their part to play in **minimising the risks** of spreading Covid.

Help protect yourself, your family, your colleagues and your workplace.

REMEMBER - SPACE



Stay 2 metres apart from people you don't live with where possible, or 1 metre with extra precautions in place (e.g. face coverings).

Think about how you use:

- Tack room
- Staff areas
- Transport

Things you can do to help:

- Do not go into a room if you cannot follow social distancing
- Wear face coverings
- Think of other ways of working that avoid close contact
- Car share only where absolutely necessary for work – take steps including wearing face coverings, keeping same people in group, windows open, sit behind each other if possible and thoroughly clean surfaces touched.

For more information, please visit:
www.racehorsetrainers.org

