

HYDRATION



- *Participants should clearly label their water bottles with their own name.*
- *Participants should not touch anyone else's bottle and only drink from their own.*
- *Single-use bottles should be discarded of immediately on site.*
- *Water breaks should adhere to social distancing guidelines*
- *Fluid breaks are recommended at least once every 15 minutes, but will largely be dictated by the duration/intensity of the session, and the usage of face coverings during training.*

For more information, visit
[INTLFC.COM/COVID19](https://intlfc.com/covid19)