

Covid 19 Basics

- Social distancing requires a **minimum** of 2 meters, the more distance the better. We exhale microscopic droplets containing the virus, whilst talking. These can 'hang' in the air for up to an hour.
- The Covid 19 virus can remain on surfaces for up to three days, just because you haven't seen anyone does not mean you cannot contract Covid 19. Try and avoid sharing tackle, for example if your friend helps to net a fish thoroughly clean the net before touching it again.
- Just because a person is not showing symptoms does not mean they are not infected, we can carry the virus for several weeks before symptoms show – a good example is *'it's ok he's a good friend and I know he hasn't got it'* whilst this is true you do not know if the person he was next to in the shop yesterday was infected?
- Disposable gloves do not prevent infection unless used correctly, they are simply a barrier between your hands and surfaces – if you wear gloves to open a gate and then get back into your car any contamination is now passed to the door handle / steering wheel etc and can remain there for several days. It is much better to wash your hands or use the correct sanitizer after touching any potentially contaminated surface.
- The correct use of an appropriate well fitting facemask can help prevent the spread of Covid 19 but it is currently only recommended to wear one in high risk situations – and remember to wash your hands before touching the mask, otherwise you risk contaminating the mask by touching it!
- Anyone deliberately breaking the Covid 19 / social distancing rules will be asked to leave the venue immediately.
- We advise all members to fully read and familiarise themselves with all current guidelines and legislation concerning social distancing from the Government via www.gov.uk/coronavirus