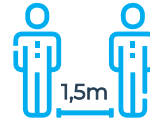




**Avoid crowding.**  
Enter and leave in a staggered manner.



**Keep the minimum interpersonal distance** if you are not wearing a mask.



**Avoid touching your face,** particularly the eyes, nose and mouth.



**Wash your hands** with soap and water or hand sanitiser before and after the training.



**Leave the door open** for ventilation when the meeting ends.



**Remember!**

**Keep the room and common items clean.**