

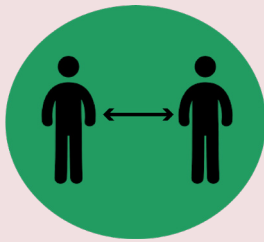
AROS! MEDDWL /

STOP! THINK!

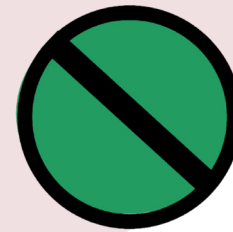


A YW'N DDIOGEL CHWARAE? / IS IT SAFE TO PLAY?

Dewch i gydweithio i gadw'n sboncen-ddiogel a cadw clybiau a lleoliadau ar agor! Gwiriwch y rheolau/polisiau cyfredol yn gyntaf gyda'ch clwb/lleoliad / Let's work together to keep squash-safe and keeps clubs and venues open. Always check the current rules/policies first with your club/venue



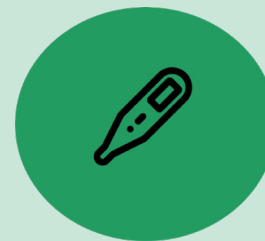
Cadwch eich pellter – sicrhewch eich bod yn cadw i'r canllawiau pellhau cymdeithasol bob tro / Keep your distance - ensure that you always adhere to current social distancing guidelines



PEIDIWCH â dod i'r clwb/lleoliad os ydych neu rywun yn eich aelwyd yn sâl, hyd yn oed gyda symptomau gwan / DO NOT come to the club/venue if you or anyone in your household are unwell, even with mild symptoms.



Golchwch eich dwylo yn aml, yn cynnwys cyn ac ar ôl chwarae / Wash your hands frequently, including before and after you play. Don't share equipment with anyone



Os ydych yn sâl neu'n amlygu symptomau dwedwch wrth y clwb / If you become sick or display any symptoms, let the club/venue know



Gadewch y clwb/lleoliad yn amserol / Leave the club/venue in a timely manner



Dilynwch ganllawiau'r Llywodraeth a lechyd Cyhoeddus Cymru / Follow Government and Public Health Wales advice at all times

Parhewch i ddilyn canllawiau cyfredol y Llywodraeth dros unrhyw reolau clwb/lleoliad – Please continue to follow current Government guidelines. These will always supersede any club/venue or Squash Wales guidelines. Gweler / See : www.squash.wales/covid-19/ or www.gov.wales/sport-recreation-and-leisure-guidance-phased-return