BRIDGE HYGIENE

The word ***HYGIENE*** has French/Greek origins:

a practice conducive to the preservation of health, as cleanliness

BEFORE THE AUCTION

- Count your cards to ensure that you have thirteen
- Count the ***shape*** of your hand to verify you still see thirteen cards

DURING THE AUCTION

- Don't caress the bidding box
- Pay attention to what you're hearing, even if you have no high card points
- An Alert means that the bid is unusual, and you may ask what it means in their system simply by asking (at ***your turn*** to act) the Alerter, "Please explain."

AFTER THE AUCTION

- Do your job ***before*** you write down the contract
- If you are making the opening lead, make it ***face down***
- Make a **plan**, whether you're declaring or defending

AFTER THE HAND IS PLAYED

- Do *NOT* scoop up your cards until you and the opponents agree upon the result of the hand