

INDIVIDUAL CHECKLIST



PERSONAL CONSIDERATIONS:

YES

NO

1. I have considered downloading the COVIDsafe app? YES NO
2. I am up-to-date with all the latest COVID-19 information from the NSW Government? YES NO
3. Have I been unwell with flu like-symptoms in the past 14 days? If yes, I am not to attend training YES NO
4. I have showered and changed before heading to training? YES NO
5. I will wash and sanitise my hands regularly at the fields? (when appropriate) YES NO
6. I will check in and out via the Attendance Register at the venue? YES NO
7. I will "Get In, Train, Get Out"? YES NO
8. I will maintain social distancing (1.5 metres) where possible? YES NO
9. Do I have my own labelled water bottle that I won't share? YES NO
10. I will avoid spitting and will use a tissue to blow my nose? YES NO
11. I will avoid physical contact? (e.g. high fives, handshakes, huddles etc.) YES NO
12. Do I have access to all my own equipment? (i.e. stick, gloves, mouthguard) YES NO
13. I will allow my coach to handle all communal equipment? (e.g. cones, balls etc.) YES NO
14. Am I in a high-risk category? (ie elderly, immunocompromised). If yes, seek medical advice, consider avoiding communal activities and inform your club of your individual training routine YES NO