



INDIVIDUAL CHECKLIST

FULL NAME: _____

YES NO

1. If playing outside your local area, have you considered whether it is necessary to participate in club activities at this time?
2. Have I been unwell with flu like symptoms or visited a venue or exposure site? If Yes, I will follow NSW Health’s advice and not attend training until I get a negative test result.
3. I will, where possible, avoid carpools with people from different household groups.
4. I will wash and sanitise my hands regularly at the fields? (when appropriate)
5. I will check in and out via the Service NSW QR Code at the venue?
6. I will follow my Venue’s COVID-19 Safety Plan?
7. I will maintain social distancing (1.5 metres) where possible?
8. Do I have my own labelled water bottle that I won’t share?
9. I will avoid spitting and will use a tissue to blow my nose?
10. I will avoid physical contact? (e.g. high fives, handshakes, huddles etc.)
11. Do I have access to all my own equipment? (i.e. stick, gloves, mouthguard)
12. I will allow my coach to handle all communal equipment? (e.g. cones, balls etc.)
13. 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

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