

Individual Checklist

What can I do to make sure I am helping the artistic swimming community stop the spread?

Download the
COVIDSafe app



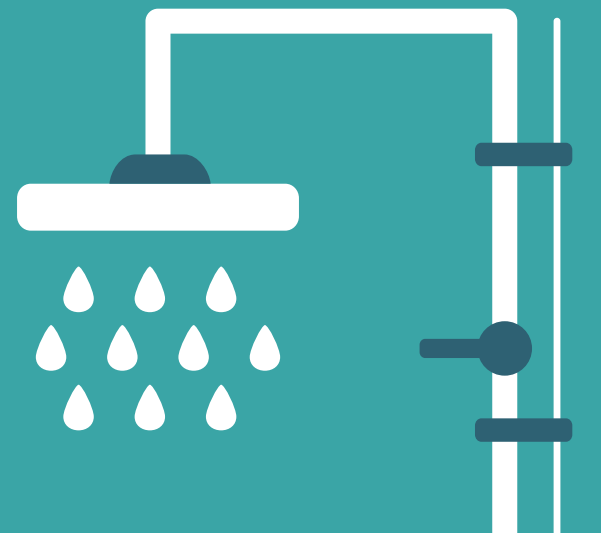
Keep **up to date** with
the latest COVID-19
information in your
state/territory



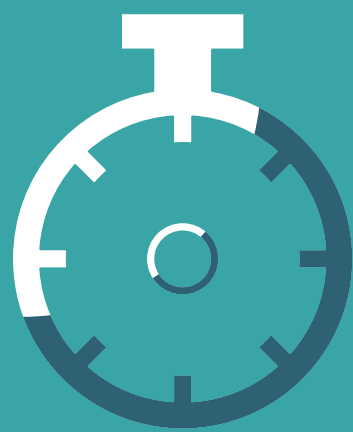
Stay home if you
are experiencing
flu-like symptoms
or have within the
past 14 days



Shower **before
and after** training



Once finished
please exit the
facility **promptly**



Avoid **physical**
contact



Don't share
personal equipment



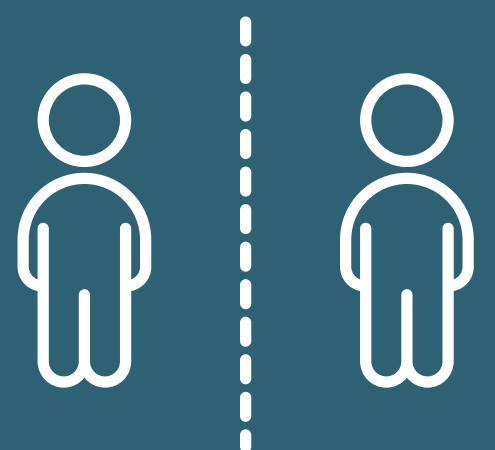
No **spitting**



Regularly wash and
sanitise your hands



Get in, train, get out



Keep a social distance of
1.5 metres apart