



FULL NAME

INDIVIDUAL CHECKLIST

PERSONAL CONSIDERATIONS:

YES **NO**

- | | | |
|--|-----------------------|-----------------------|
| 1. I have considered downloading the COVIDsafe app? | <input type="radio"/> | <input type="radio"/> |
| 2. I am up-to-date with all the latest COVID-19 information from the NSW Government? | <input type="radio"/> | <input type="radio"/> |
| 3. Have I been unwell with flu like-symptoms in the past 14 days? If yes, I am not to attend training | <input type="radio"/> | <input type="radio"/> |
| 4. I have showered and changed before heading to training? | <input type="radio"/> | <input type="radio"/> |
| 5. I will wash and sanitise my hands regularly at the fields? (when appropriate) | <input type="radio"/> | <input type="radio"/> |
| 6. I will check in and out via the Attendance Register at the venue? | <input type="radio"/> | <input type="radio"/> |
| 7. I will "Get In, Train, Get Out"? | <input type="radio"/> | <input type="radio"/> |
| 8. I will maintain social distancing (1.5 metres) where possible? | <input type="radio"/> | <input type="radio"/> |
| 9. Do I have my own labelled water bottle that I won't share? | <input type="radio"/> | <input type="radio"/> |
| 10. I will avoid spitting and will use a tissue to blow my nose? | <input type="radio"/> | <input type="radio"/> |
| 11. I will avoid physical contact? (e.g. high fives, handshakes, huddles etc.) | <input type="radio"/> | <input type="radio"/> |
| 12. Do I have access to all my own equipment? (i.e. stick, gloves, mouthguard) | <input type="radio"/> | <input type="radio"/> |
| 13. I will allow my coach to handle all communal equipment? (e.g. cones, balls etc.) | <input type="radio"/> | <input type="radio"/> |
| 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 | <input type="radio"/> | <input type="radio"/> |