



COVID-19 Return to Training Player Checklist

Player Checklist		Tick off once complete
1.	I am up to date with all the latest COVID-19 information and restrictions from the QLD Government.	<input type="radio"/>
2.	I am up to date with the latest SCHA and Caloundra Seahawks COVID-19 Safe Plans and restrictions and guidelines from SCHA and Caloundra Seahawks.	<input type="radio"/>
3.	If I am unwell, with any symptoms (however mild), I will not attend any SCHA facilities or club trainings.	<input type="radio"/>
4.	If I have travelled internationally in the last 14 days, I will not attend any SCHA facilities or club trainings.	<input type="radio"/>
5.	Prior to attending any training session, I have considered whether I am at risk and during any session I will take appropriate measures where risk is identified.	<input type="radio"/>
6.	I know what time, what field, and where I am to meet my team before my training session.	<input type="radio"/>
7.	I have changed into my training clothing before arriving at the training venue.	<input type="radio"/>
8.	I will ensure I am on the Club's Training Attendance sheet.	<input type="radio"/>
9.	I will wash and sanitise my hands regularly at the fields (when appropriate).	<input type="radio"/>
10.	I will attend training with the mentality of "Get In, Train, Get Out".	<input type="radio"/>
11.	I will maintain social distancing (1.5m) at all possible times.	<input type="radio"/>
12.	I will have my own labelled water bottle that I will not share.	<input type="radio"/>
13.	I will not spit and will use a tissue to blow my nose.	<input type="radio"/>
14.	I will avoid physical contact (body marking, high fives, handshakes, huddles, etc).	<input type="radio"/>
15.	I have access to all my own equipment (ie sticks, mouthguards, shinpads, goalkeeping equipment) and will not share with others.	<input type="radio"/>
16.	I will not handle communal equipment, which will be done by the coach or delegated person.	<input type="radio"/>
17.	I have considered downloading the COVIDSafe App, and made the relevant personal decision regarding that App.	<input type="radio"/>