

Individual Checklist

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



Download the **COVIDSafe** app



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



Get the **flu shot**



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



Shower **before and after** training



Check in and out via attendance registers



Don't share **personal equipment**
i.e. stick, gloves



Only a coach or selected individual can handle communal gear
i.e. cones, balls



Only use your **labelled** water bottles



Avoid **physical contact**



No spitting



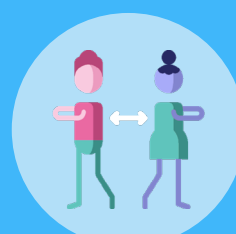
Once finished please **exit the facility promptly**



Regularly wash and sanitise your hands



Get in, train, get out



Keep a social distance of 1.5 metres apart

Please ensure you exit the off-field areas and carpark of your training venue directly after finishing on the field.