

Athlete Checklist

Before You Leave Home:

- Complete your *Daily Health Monitoring Questionnaire & Attestation* – **less than 1 hour** prior to your departure for training
- Pack only the **essential** items in your clean training bag & remove any items that are not needed
- Fill-up your water bottle(s)
- Eat a snack to sustain you for your training time
- Wash your hands with soap and water
- Use the washroom at home to avoid unnecessary trips to the public washrooms during training
- If you are entering the water, put on your bathing suit under your clothes – avoid using the changerooms at the facility
- Must have items in your training bag:
 - A **clean** disposable or reusable Mask (properly stored in a clean bag/container)
 - Personal hand sanitizer

Upon Arrival at Your Training Location:

- Meet at designated location
- Follow physical distancing guidelines at all times
- Register your attendance with the designated person & submit your *Daily Health Monitoring Questionnaire & Attestation* per the protocols set out by your club
- Sanitize hands
- Keep all training equipment to yourself – **no sharing of any equipment** (including water bottles)
- Follow all facility directional signage
- HAVE FUN!

After Training is Complete:

- Clean/sanitize personal equipment used during training before leaving the facility (e.g. yoga mat, water bottle, goggles, etc.)
- Sanitize hands
- Leave the facility immediately after training as per the club/facility guidelines
- Upon returning home, thoroughly wash water bottle(s) with warm water & soap
- Upon returning home, thoroughly wash clothing & sanitize equipment (i.e. yoga mat)
- Rehydrate & refuel from your FUN session!