

COVID-19 INDIVIDUAL CHECKLIST



CRICKET NSW

- ✓ I have considered downloading the COVIDsafe app and am up-to-date with all the latest COVID-19 information from the NSW Government?
- ✓ Have I been unwell with flu like-symptoms, visited Victoria or attended confirmed hotspots in the past 14 days? If yes, I am not to attend training or the match.
- ✓ I have showered and changed before playing/training. Players may arrive at the venue in club training gear and get dressed for the match at the venue.
- ✓ I will, where possible, use private transport to get to and from matches. I will avoid using public transport—trains, buses, taxis, etc
- ✓ I will, if using public transport, follow recommended advice by local health authorities to stay safe e.g I will wear a face mask whilst travelling.
- ✓ I will wash my hands regularly and/or sanitise my hands on entering and leaving the playing/training field (when appropriate).

- ✓ I will check in via the Attendance Register at the venue either by a QR Code or a manual form.

- ✓ I will “Get In, Play/Train, Get Out”.

- ✓ I will maintain social distancing (1.5 metres) where possible.

- ✓ I will have my own labelled water bottle that I won’t share.

- ✓ I will avoid spitting and will use a tissue to blow my nose.

- ✓ I will avoid physical contact (e.g. high fives, handshakes, huddles etc.).

- ✓ I will have access to all my own equipment (i.e. bat, gloves, pads).

- ✓ I will allow my coach to handle all communal equipment (e.g. cones, balls, stumps etc.).

- ✓ 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.