

## APPENDIX 3: ATHLETE CHECKLIST

### Before you Leave Home

- Complete the Alberta Health Daily Checklist (Appendix 1)
- Eat before you come – no food on premises.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Bring filled water bottle(s).
- Bring thoroughly washed training equipment.
- Use the washroom at home.
- Bring a mask and personal hand sanitizer.
- Receive workout in advance from coach.

### Arrival

- Respect physical distancing guidelines at all times.
- Register your attendance for contact tracing and provide confirmation of Daily Health Monitoring with your coach.
- Wash hands at provided handwashing stations.
- DO NOT share water bottles.
- Follow all guidelines and requirements of your training facility.
- Follow traffic flow signs at your facility location.

### After activity is Complete

- No gathering is permitted. Leave the facility adhering to physically distancing and masking.
- Dry off, dress and Exit through established exits.
- Wash at provided handwashing stations.
- Follow traffic flow signs out of your location.
- Respect physical distancing guidelines.
- Thoroughly wash water bottles with soap and warm water when you arrive home
- Thoroughly wash clothing, masks and sanitize equipment when you arrive home.