



# RETURN TO TRAINING

## BEFORE LEAVING HOME

FILL OUT YOUR DAILY SYMPTOM CHECKLIST  
AND WELLNESS MONITORING



CONSUME ALL PRE-TRAINING  
NUTRITION AND HYDRATION



### FEELING WELL?



**WASH/SANITISE HANDS**



**TRAVEL ALONE** unless you  
live with passengers



**AVOID PUBLIC TRANSPORT**  
if unavoidable wear a face-mask

### FEELING UNWELL?



**STAY HOME**



**CALL CLUB MEDIC**



**FOLLOW THEIR  
INSTRUCTIONS**

## ARRIVAL AT WORK

TURN UP JUST BEFORE THE SCHEDULED TIME  
- running late inform club ASAP



GO TO TEMPERATURE CHECK POINT



### TEMPERATURE OK?



**PARK IN DESIGNATED AREA**



**REPORT TO TRAINING**

### TEMPERATURE HIGH?



**CONSULT WITH YOUR  
CLUB MEDIC**



**FOLLOW THEIR  
INSTRUCTIONS**

## BEHAVIOUR DURING THE DAY



**KEEP 2M SOCIAL DISTANCE**



**WASH/SANITISE HANDS BEFORE,  
DURING AND AFTER TRAINING**



**COUGH/SNEEZE INTO TISSUE  
OR BENT ELBOW**



**EAT FOOD ALONE IF PROVIDED**



**AVOID TOUCHING EYES,  
NOSE AND MOUTH**



**CHANGING, SHOWERING  
AND CANTEN FACILITIES  
WILL BE CLOSED IN THE  
EARLY STAGES OF RETURN**



**REPORT ANY NEW  
SYMPTOMS OF ILLNESS  
TO THE MEDICAL TEAM  
IMMEDIATELY**