



Daily Athlete Checklist

Before Training

Action	Completed
Shower and make sure you use the toilet before leaving home	
Pack only recommended equipment	
Clearly label your water bottle, equipment, swim bag and kit bag	
Pack your hand sanitiser and anti-bacterial wipes	
Thoroughly hand wash with soap or if not available, hand-sanitiser before leaving	
Put your swim wear on under your clothes before leaving	
Leave in plenty of time to ensure you arrive within your allocated time	
Check your temperature and make sure you have no symptoms before you leave. https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/ Refer to the Covid-19 Training Venue Assessment (page two of this checklist)	Recorded temperature:
Pack suitable clothes to quickly put over your wet costume	
Make sure you have an emergency contact number in your bag	
Wear fresh clean clothes	
Wear your face mask to training	

After Training

Action	Completed
Thoroughly hand-sanitise after training	
Wear your face mask travelling home from training	
Shower when you arrive home	
Clean your equipment with anti-bacterial wipes	
Wash your costume and towel	

Covid-19: Training Venue Assessment

Do not go to a training venue if you currently have any illness symptoms or have been in contact with a known Covid-19 case in the last 14 days.

