



Daily Volunteer Checklist

Before Training

Action	Completed
Shower and make sure you use the toilet before leaving home	
Pack a face mask	
Pack your hand sanitiser and anti-bacterial wipes	
Thoroughly hand wash with soap or if not available, hand-sanitiser before leaving	
Wear fresh clean clothes	
Leave in plenty of time to ensure you arrive within your allocated time	
Check and record your temperature and make sure you have no symptoms before you leave. https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/	Recorded temperature:
Refer to the Covid Training Venue Assessment (page two of this checklist)	
Wear your face mask to work	

After Training

Action	Completed
Thoroughly hand-sanitise	
Wear your face mask travelling home	
Shower when you arrive home	
Clean any equipment used with anti-bacterial wipes	
Wash your clothes	

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.

