

Appendix 1 ***Athlete Checklist***

Please use this checklist to help you prepare for karate class:

Before you Leave Home

- Complete the Screening Checklist (Appendix 4)
- Eat before you come – no loitering allowed.
- 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 equipment.
- Use the washroom at home.
- Bring a mask and personal hand sanitizer.

Arrival

- Meet at designated location.
- Respect physical distancing guidelines.
- Register your attendance for contact tracing.
- Sanitize hands.
- DO NOT share water bottles or equipment.

After activity is Complete

- No Loitering
- Exit through established exits.
- Sanitize hands.
- Respect physical distancing guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing and sanitize equipment. (e.g. sparring gloves)