

Appendix 2 ***Instructor Checklist***

Please use this checklist to help you prepare to instruct safely:

Before you Leave Home

- Complete the Screening Checklist (Appendix 4).
- Eat before you arrive.
- 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 thoroughly washed / sanitized equipment (pylons, pads, etc.)
- Use the washroom at home.
- Consider activating a phone tracing app.

Arrival

- Set-up established entrances & exits with traffic flow considerations.
- Set-up physical distancing 'grids' for participants.
- Respect physical distancing guidelines.
- Sanitize hands.
- Take attendance for all students and instructors.
- DO NOT share water bottles.
- DO NOT share personal teaching items.
- Sanitize all shared equipment between sessions. (e.g. pads, boards, etc.)
- Wear a mask except during physical activity or exercise.
- Maintain PPE, e.g. mask, gloves or hand sanitization, if dealing with an injured participant.

After activity is Complete

- Sanitize all shared equipment and clean floor between group arrivals, if applicable, and at end of day.
- Sanitize hands, between group arrivals, if applicable, and at end of day.
- Respect physical distancing guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash equipment (clothing) each day.