

Appendix 3
Parent/Guardian Checklist

Please use this checklist to help prepare your athlete for class:

Before you Leave Home

- Complete the Screening Checklist (Appendix 4).
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Use the washroom at home.
- Bring a mask for your athlete and personal hand sanitizer.
- Consider activating a phone tracing app.

Arrival

- Drop participant at designated location.
- Respect physical distancing guidelines.
- Wear a mask at all times.

After activity is Complete

- No Loitering.
- Respect physical distancing guidelines.
- Pick up participant at designated location.
- Leave location immediately.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing and sanitize equipment. (e.g. sparring gloves)