



SOFTBALL NSW

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Softball NSW Return to Play Resources

INDIVIDUAL RESPONSIBILITIES CHECKLIST

Personal Considerations

1. I have considered downloading the COVIDSafe app? **YES | NO**
2. I am up to date with all the latest COVID-19 information from the NSW Government? **YES | NO**
3. Have I been unwell with flu like-symptoms in the past 14 days? If yes, I am not to attend training **YES | NO**
4. I have showered and changed before heading to training? **YES | NO**
5. I will wash and sanitise my hands regularly at the Diamonds? (when appropriate) **YES | NO**
6. I will check in and out via the Team Attendance Register at the venue? **YES | NO**
7. I will "Arrive, Train/Play, Leave"? **YES | NO**
8. I will maintain social distancing (1.5 metres) where possible? **YES | NO**
9. Do I have my own labelled water bottle that I won't share? **YES | NO**
10. I will avoid spitting and will use a tissue to blow my nose? **YES | NO**
11. I will avoid physical contact? (e.g. high fives, handshakes etc.) **YES | NO**
12. Do I have access to all my own equipment? (i.e. bat, glove, etc) **YES | NO**
13. I will allow my coaching staff to handle all communal equipment. (e.g. cones, balls etc.) **YES | NO**
14. Am I in a high-risk category? (ie elderly, immunocompromised). If yes, seek medical advice, consider avoiding communal activities and inform your club of your individual training routine **YES | NO**

For more information about Softball NSW's COVID Resource Library visit <https://nsw.softball.org.au/covid-resources/>