

PHASE 3 GUIDANCE

BEFORE YOU TRAIN

YOU MUST STAY AT HOME IF YOU

Have been in contact with someone with COVID-19 in the last 14 days.

Have COVID-19 symptoms or are feeling unwell.

Have been told to self-isolate as part of the contact tracing measures in place.

Have been overseas to a country on the quarantine list or exposed to someone with COVID-19 in the last 14 days.

You will be subject to a symptom check by your facility operator or club prior to training.

CONTACT