

## PARTICIPANT EVENT SAFETY<sup>1</sup>

This checklist assists event participants to stay as safe as possible in groups.

Before the event...	
<input type="checkbox"/>	<p>Don't feel well? reschedule your attendance and stay home</p> <p>Bring your own stationary supplies and do not share them.</p>
<input type="checkbox"/>	<p>Physical distance... Make sure you have a spare mask and hand sanitizer with you.</p>
At the event...	
<input type="checkbox"/>	<p>Arrive 'a point'! Arrive only 5 minutes before the class. The less time indoors with a group; the safer.</p>
<input type="checkbox"/>	<p>Practice impeccable hygiene... Wash your hands before you enter the training room! Every time! Wear a mask!</p>
<input type="checkbox"/>	<p>If you begin to feel ill during the event... Leave the room. Go home.</p>
<input type="checkbox"/>	<p>Physically distance...</p> <p>Stick to the walking route(s) that the trainer indicates. Keep a constant 1.5 meters distance between every person in the room</p> <p>Do not share your training material with anyone.</p> <p>Raise your hand, do not raise your voice. We work with your regular practice groups or practice partners(s). Do not move around. Remember, it is your responsibility to keep others safe.</p>
After the event...	
<input type="checkbox"/>	<p>Remember to stay 1.5 meters from others as you leave the room. If you congregate after the class, try to do it outdoors while maintaining your physical distance.</p>

**Above all, use your common sense and take responsibility.**

- ... If you experience symptoms that indicate Covid-19 infection, don't participate. Stay home.
- ... Stay home if someone in your household has tested positive for, or displays symptoms related to Covid-19.
- ... Symptoms include: runny nose, sore throat, cough, loss of sense of smell, and temperature above 38.0 degrees Celsius, fever and/or shortness of breath.

<sup>1</sup> Adapted from Safety Instructions provided by

