

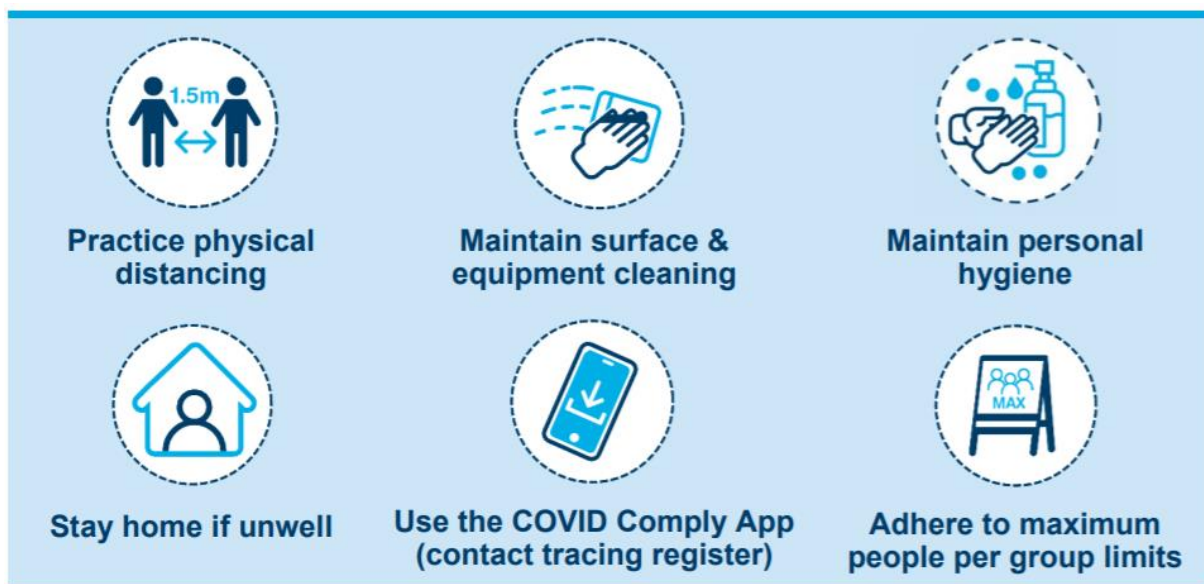
Nipper & Parent/Carer Checklist


CREATING A COVIDSAFE ENVIRONMENT


Purpose


This checklist provides a quick reference guide for use by Nipper parents/carers before, during and after Nippers sessions, to ensure participant safety and all COVIDSafe protocols and procedures are adhered to.


1 Key messages





- 

Practice physical distancing
- 

Maintain surface & equipment cleaning
- 

Maintain personal hygiene
- 

Stay home if unwell
- 

Use the COVID Comply App (contact tracing register)
- 

Adhere to maximum people per group limits



2 Nipper & Parent/Carer Checklist

WHO	BEFORE	DURING	AFTER
Nipper participant	<ul style="list-style-type: none"> Self-assess against the COVIDSafe Personal Health Checklist prior to attending each session Get ready at home and arrive ready to go for the session – <i>'arrive, participate, leave'</i> Bring own equipment, e.g. water bottle, nipper cap, rash vest, towel, sunscreen and goggles Wear a mask to Nippers (12 years+) Maintain personal hygiene Get excited! 	<ul style="list-style-type: none"> Complete Club Contact Tracing QR Code upon arrival Maintain personal hygiene Arrive at allocated time and go straight to age group area to check in for session Stay within allocated group for the whole Nippers session While participating put mask with belongings in a sealable bag or similar (12 years+) Help with equipment cleaning Bring your own food, don't share with other nippers Check out with your Age Manager at the end of Nippers Have fun! 	<ul style="list-style-type: none"> Wear a mask (if 12+ years) Depart quickly and avoid gathering with others Shower and change at home If you are unwell within 14 days post session, as soon as practical report to Junior Coordinator, and get tested
Parent/ carer	<ul style="list-style-type: none"> Talk to your child about the changes expected with Nippers this season Self-assess yourself and child against the COVIDSafe Personal Health Checklist prior to attending each session If you or your child are unwell, do not attend, and advise the Junior Coordinator Maintain personal hygiene Wear a mask Read and understand the session and safety information provided Only use ride sharing/carpooling if absolutely necessary (wear a mask) Ensure nippers in your care are supported to meet the guidelines above 	<ul style="list-style-type: none"> Complete Club Contact Tracing QR Code upon arrival Maintain personal hygiene Wear a mask Arrive at allocated time and go straight to age group area to check in for session Stay within allocated group for the whole Nippers session Bring your own food, don't share with others Maintain physical distancing on the beach Encourage others to maintain safety requirements throughout the session 	<ul style="list-style-type: none"> Depart after Nippers and avoid gatherings with others If you or your child are unwell within 14 days post session, immediately report to Junior Coordinator, and get tested