



COVID-19 / Illness

Get in, train and get out

Stay home if in doubt

How to minimise risk/prevent illness

What to do at training

In case you get sick

Wash your hands with soap and water regularly
Cover your mouth with a tissue or bent elbow when coughing or sneezing
Avoid touching your face, nose and mouth
Avoid shaking hands
Maintain social distancing – 1.5m from others
Regular cleaning to reduce germs in the environment
Consider remaining up to date with COVID-19 vaccinations
Consider receiving the annual influenza vaccination

Before Training

- Be prepared for training prior to arrival – arrive dressed and ready to train
- Shower prior to training
- **Do NOT attend if unwell**
- Wash / sanitise hands immediately before and after training
- Bring own equipment, do not share
- Fill water bottle prior to attending; avoid use of public drinking fountains
- Avoid carpooling unless from same residence

Any signs of illness: including but not limited to

- Fever
- Respiratory symptoms – runny nose, sore throat, cough, shortness of breath
- Gastrointestinal symptoms – stomach pain / cramps, diarrhoea, nausea, loss of appetite
- Loss of smell or taste,
- Muscle or joint aches
- Fatigue
- Headaches
- Or ANY other symptoms

During Training

- Carry own hand sanitiser & wipes
- Regular hand hygiene
- Maintain social distance (1.5m)
- Avoid physical contact – no sharing of towels / drink bottles, no high 5s, no spitting
- Avoid touching face
- Avoid touching surfaces – utilise a clean towel on bench / chair
- Cough / sneeze into tissue or bent elbow
- Adhere to facility requirements
- Clean all surfaces prior to / after use
- Minimise use of change rooms, bathrooms, and communal areas

Seek medical attention
Stay at home
Avoid contact with others
Do NOT attend training until cleared by a medical professional
Notify Dr Stacey Compton(CMO) and Dr Paula Charlton

Stay updated with the public health recommendations for the area you reside in or are travelling too
Follow restrictions as guided by state / district
Follow hygiene advice (including need for masks / face coverings) as guided by state / district

After training
Clean equipment after use
Do not leave equipment at the venue
Avoid socializing pre or post training
Shower at home after training
Recovery sessions, online meetings etc – should be done at home

National Coronavirus Helpline: 1800 020 080

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