



# Participant Responsibilities

## Physical Activity Leader Network Program

### **If You Are Unwell, You Must NOT Attend the Class**

If you have a cough, sore throat, shortness of breath, fever, or a runny nose you should have a COVID test and stay at home until you are well again.

Please do not attend your exercise class until your symptoms have gone, even if you have a negative result.

### **Physical Distancing**

Please follow the social distancing guidelines and your leader's instructions and maintain at least 1.5 metres distance from each other at all times.

### **Hand Sanitiser**

Hand sanitiser is provided for your protection. Please use hand sanitiser as you enter and exit your class, before and after signing in and during the class as required.

### **For more information**

Please contact the Healthy Ageing Health Promotion team on 02) 6053 4800. Select option 4, then option 1 or email [mlhd-exercise@health.nsw.gov.au](mailto:mlhd-exercise@health.nsw.gov.au)