



COVID Participant Responsibilities

Physical Activity Leader Network Program

Please read carefully. Following these guidelines is the best way to keep safe from COVID-19 whilst enjoying exercise classes. Failure to comply could result in further class closures.

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-19 test and stay at home until you have received your results.

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

If you have been told to isolate, or meet the guidelines to isolate, please don't come to class until after the isolation period had ended.

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.

Attendance Sheets Have Changed

At each class you attend you will need to answer health and wellbeing questions. You will also need to provide your phone number so that if someone in the class tests positive you can be informed.

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.

Entering and Exiting the Class

Where possible separate entrances and exits will be provided. If this is not possible, please be aware of yourself and others and allow space so that people entering and exiting can maintain at least 1.5 metres from each other at all times.

Guidelines are Constantly Changing

As you are aware, the guidelines for COVID-19 change often, depending on the current situation. To find the latest COVID-19 information and requirements please go to <https://www.nsw.gov.au/covid-19/stay-safe/rules>

For more information

Please contact Adelle Kennedy 02 6053 4845 or email mlhd-exercise@health.nsw.gov.au

We hope you understand that following these guidelines are the best way to reduce the risk for you and others of contracting COVID-19.