

FOR ATHLETES

Things to do all the time

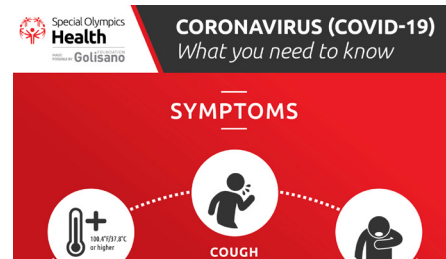
Hygiene



[Handwashing poster](#)



[Proper hand washing techniques](#)



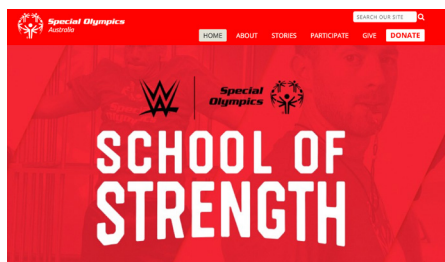
[What you need to know about COVID-19](#)

Things you can do now to get ready for sport to begin

Fitness



[Fit 5](#)



[School of Strength](#)

Strong Minds



[Tips for maintaining a Strong Mind](#)



[Healthy sleeping tips](#)

FOR ATHLETES

Fun activities

A QUICK GUIDE TO KEEPING IN TOUCH 

As COVID-19 continues to impact our operations and program keeping in touch with each other has never been more important.

This guide outlines a small sample of free tools which can be used by athletes, athlete leaders, families, coaches and leadership teams to keep in touch during these challenging times.


Resources


Video Conferencing


Teleconferencing

[Connect with your coach](#)

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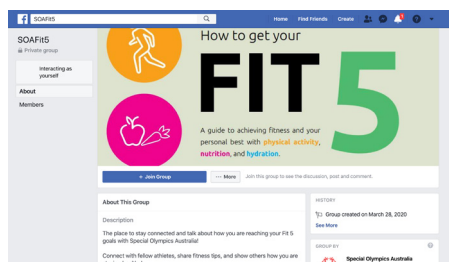

Teleconferencing

[Connect with your friends](#)

STAYING FIT AT HOME BINGO  

B	I	N	G	O
Work out to learn a new fitness video	Do 30 squats	Work out to learn a new Strength Video 1	Dance to your favorite music	Post a workout selfie and tag #InclusiveHealth
Enjoy a healthy	Participate in a 50 live workout on social media	SCHOOL OF STRENGTH	Do 30 lunges	Wear your favorite
				Spend 5 minutes thinking positive thoughts

[Special Olympics Bingo](#)



[Join Fit 5 Facebook Group](#)

Healthy Salad Recipes



[Healthy eating](#)

Things you can do when sport starts











Your coach will be in touch to let you know how your training will begin.

When your training begins:

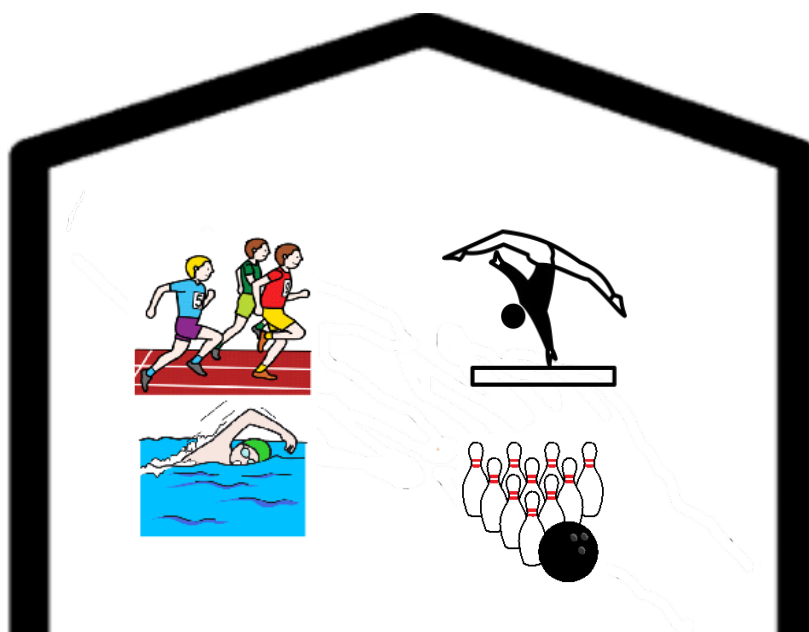
DO

- ✓ Talk to your Doctor before returning to sports training. This [form](#) will help you when seeing your Doctor.
- ✓ Only go to training if you feel fit and healthy.
- ✓ Carry a facemask to wear when needed.
- ✓ Show your vaccination certificate when asked.
- ✓ COVID-safe check in with the QR code.
- ✓ Sign the attendance register with your coach.
- ✓ Keep 1.5m from other athletes and your coach
- ✓ Get to training on time
- ✓ Bring and use your own water bottle
- ✓ Use hand sanitiser when you arrive and before you leave

DON'T

-  Don't go to training if you feel unwell
-  Don't share your water bottle with anyone else
-  Don't share your uniform or personal items with anyone else
-  Don't shower or use the change rooms at training
-  Don't sneeze or cough into your hands
-  Don't hug, huddle, shake hands or high five
-  Don't spit
-  Don't touch your eyes, nose or mouth
-  Don't be at training too early
-  Don't hang around after training is finished

***Special
Olympics
Australia***



Rules to go to Special Olympics sport

1 November 2021



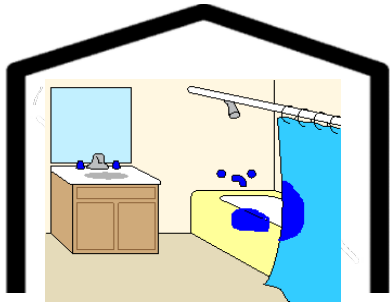
This form is about doing things with **Special Olympics Australia**.



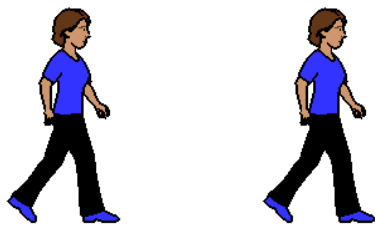
Your club will tell you when sport starts.



You must follow these new rules. It is to slow down COVID - 19.



Shower before and after sport at your home.



Keep space between people.



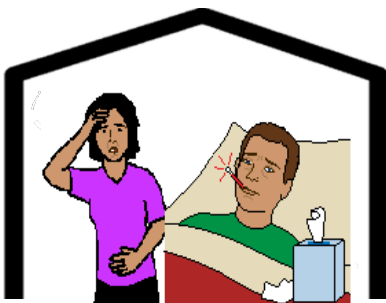
Check in at training and follow the rules.



Only use your own water bottle



Wash your hands
before and after training



Stay at home if you feel sick.



Cough or sneeze into your elbow.



Do not high five or touch.