

## Wheelchair Rugby Athlete Return to Train and Play – Checklist for Athletes

	<b>Advice</b>
<b>Medical</b>	<ul style="list-style-type: none"> <li>• On arrival at the training facility you will be screened for any recent contact, risk factors or symptoms of illness.</li> <li>• If you have a history of "COVID-19 like" illness or close/sustained contact with someone with similar symptoms you should not enter the training environment for at least 14 days after the last contact or 10 days post symptom resolution AND after medical clearance.</li> <li>• If you have respiratory symptoms or fever (&gt;38 deg C) you should NOT enter the facility or train and should stay home and isolate and contact your coach and medical staff.</li> <li>• If you feel unwell or have any of the following symptoms – DO NOT try to enter the training facility and report the matter to your coach and medical staff               <ul style="list-style-type: none"> <li>○ <b>Most common symptoms:</b> <ul style="list-style-type: none"> <li>• Fever</li> <li>• dry cough</li> <li>• tiredness</li> </ul> </li> <li>○ <b>Less common symptoms:</b> <ul style="list-style-type: none"> <li>▪ Aches and pains</li> <li>▪ Nasal congestion</li> <li>▪ Headache</li> <li>▪ Conjunctivitis</li> <li>▪ Sore throat</li> <li>▪ Ddiarrhea</li> <li>▪ Loss of taste or smell</li> <li>▪ Rash on skin or discoloration of fingers or toes.</li> </ul> </li> </ul> <p style="text-align: center;">These symptoms are usually mild and begin gradually (Source WHO)</p> </li> </ul>
<b>General Preventive Actions</b>	<ul style="list-style-type: none"> <li>• Arrive changed, leave changed - <b>"Get In, Train, Get Out"</b>.</li> <li>• Maintain the locally prescribed <b>Physical Distancing/Facial Covering</b></li> <li>• When changing to the sports chair make sure you have <b>sufficient space</b></li> <li>• <b>Do not congregate</b> with others in car parks or public areas</li> <li>• Follow all <b>signage instructions</b></li> <li>• <b>Wash hands</b> regularly and use sanitising gels where provided</li> <li>• <b>No spitting</b></li> <li>• <b>No clearing of nasal passages</b> except into a disposable tissue that is to be hygienically disposed of immediately</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>• You <b>MUST</b> have your <b>own water bottle</b> and towels, etc. Water bottles should be filled at home (or a safe source). These <b>MUST NOT BE SHARED</b></li> <li>• <b>No sharing of equipment</b>, tools, strapping, towels etc.</li> <li>• Make sure your <b>chair is washed</b> with appropriate disinfectant, detergent and water with a brush and sponge after each session.</li> <li>• Ensure <b>balls are be wiped</b> or sprayed with disinfectant.</li> <li>• If you do your own adjustment to your chair only use <b>your own tools</b> and clean them before and after use.</li> <li>• If possible, do your chair <b>maintenance at home</b>.</li> <li>• Ensure that your <b>gloves are cleaned</b> after each use.</li> </ul>