

SITE ENTRY FORM

This is the minimum standard set of protocols (updated as at 29 May 2020) for site entry that must be followed whenever a service provider, contractor, non-government employee or volunteer enters a South Australian Government site for work related purposes, recreational/ community use or hire.

Your details

Name (first and last)			
Company/Organisation	Tai Chi & Chi Kung Institute - Adelaide		
Position	Student		
Site location	Gillies Street Primary School - Hall / Gym		
Purpose of visit	Learn Tai Chi & or Chi Kung Exercises		
Date	/ / 2021	Phone No.	

Question		YES	NO
1	Are you a designated essential traveller? If so do you have evidence of such?		
	If the answer is "Yes" do you have evidence of your self-managed self-isolation protocols?		
	<i>If the answer is "No" refer to Q2.</i>		
2	Have you returned to Australia from overseas in the last 14 days?		
	<i>If the answer is "yes" you should be in self-quarantine and will not be permitted on site.</i>		
3	Have you travelled from NSW, ACT or VIC in the last 14 days?		
	<i>If the answer is "yes" you should be in self-quarantine and will not be permitted on site unless you are an essential traveller see 1.</i>		
4	Do you have any symptoms of a cold, flu or virus? e.g. Temperature, fainting, dizziness, shortness of breath?		
	<i>If the answer is "yes" you should seek medical advice and will not be permitted on site.</i>		
5	Have you come into "close contact" with anyone from a "declared area" or who displayed cold, flu or virus symptoms or has been confirmed as having COVID-19 e.g. family, household members, friends?		
	<i>If the answer is "yes" you should seek medical advice and will not be permitted on site.' See Q6 If the answer is "no" go to Q7.</i>		
6	If you answered 'Yes' to Q5, do you have a medical certificate post contact clearing you of a flu or virus?		
	<i>If the answer is "no" you should seek medical advice and will not be permitted on site.</i>		
7	Have you been briefed and do you agree to comply with the practices of good hygiene and social distancing?		
	<i>If the answer is "no" will not be permitted on site unless you read, understand and comply with the requirements noted on the reverse of this document.</i>		

Your name	Signature	Date

STOP THE SPREAD



**Cough or sneeze
into your arm**



Use a tissue



Bin the tissue



Wash your hands

If you have flu-like symptoms seek medical advice, avoid public transport and direct contact with others. If you've been overseas recently, you need to stay at home and monitor your health. Call ahead if going to a doctor.

What is social distancing and why is it important?

Social distancing includes ways to stop or slow the spread of infectious diseases. It means less contact between you and other people.

Social distancing is important because COVID-19 is most likely to spread from person-to-person through:

- direct close contact with a person while they are infectious or in the 24 hours before their symptoms appeared
- close contact with a person with a confirmed infection who coughs or sneezes, or
- touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.

So, the more space between you and others, the harder it is for the virus to spread.

What can I do?

If you are sick, stay away from others – that is the most important thing you can do. You should also practice good hand and sneeze/cough hygiene:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser, and
- if unwell, avoid contact with others (stay more than 1.5 metres from people).

As well as these, you can start a range of social distancing and low cost hygiene actions now.

These simple, common sense actions help reduce risk to you and to others. They will help to slow the spread of disease in the community – and you can use them every day – in your home, workplace, school and while out in public.