

SESSION CHECKLIST

ON ARRIVAL YOU MUST DON CLEAN INDOOR SNEAKERS

Please bring:

- ✓ Face mask when required by law and/or in accordance with Change Coaching Australia's Conditions of Entry
- ✓ Hand sanitiser
- ✓ Disinfectant wipes
- ✓ Personal rubbish bag for used masks and wipes
- ✓ Full water bottle
- ✓ Plan for all known allergies and conditions (as listed on your Food Allergies and Intolerances Declaration form)
- ✓ Prescribed medical aids (eg. jelly beans, antihistamines, electrolytes, asthma inhaler, epi-pen, blood glucose monitor, heart rate monitor etc.)
- ✓ Hand towel
- ✓ Full length towel (personal training only)
- ✓ Clean indoor sneakers
- ✓ Spare change of clothes (personal training only)
- ✓ Warm clothing to put on after exercise (personal training only)
- ✓ Deodorant (personal training)
- ✓ Breathable (natural fibre) close fitting clothes (personal training only)
- ✓ Mosquito repellant (outdoor training only)
- ✓ Hat (outdoor training only)
- ✓ Sunglasses (outdoor training only)
- ✓ Sunscreen (outdoor training only)
- ✓ Outdoor sneakers (outdoor training only)
- ✓ Wraps (CARDIOBOX only)
- ✓ Ounce gloves (CARDIOBOX only)
- ✓ Focus mitts (CARDIOBOX only)
- ✓ Speedball gloves (CARDIOBOX only)
- ✓ Foam roller (STRETCH & RELEASE only)
- ✓ Spare socks (STRETCH & RELEASE only)
- ✓ Notepad & pen (wellness coaching only)