



SELF-CHECKS BEFORE ATTENDING TRAINING & GAMES

Self-checks are important in identifying who has symptoms of Covid-19 infection.

This helps reduce those with the infection attending and transmitting the infection to others.

This quick check should be done before each training session or game.

Coaches, players or parents who trigger a positive answer, must stay away to protect everyone else.

EACH PARTICIPANT SHOULD SELF-SCREEN PRIOR TO ARRIVAL AT TRAINING TO ENSURE THEY DO NOT HAVE ANY OF THE FOLLOWING SYMPTOMS (CONFIRMED BY A PARENT FOR THOSE UNDER AGE 18), AS THESE ARE POTENTIAL INDICATORS OF COVID-19 INFECTION.	YES	NO
A high temperature (above 37.8° C)		
A new continuous cough.		
Shortness of breath.		
A sore throat		
Loss of or change in normal sense of taste or smell.		
Feeling generally unwell.		
Persistent tiredness		
Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks.		