

# COVID-19: UPDATED FIRST-AID GUIDANCE FOR OUTDOOR GRASSROOTS FOOTBALL (CONTINUED)

## SELF-CHECKS BEFORE ATTENDING A PLANNED TRAINING SESSION

Self-checks are very important in identifying who has possible symptoms of Covid-19 infection, as this helps reduce those with the infection attending football activity and transmitting the infection to others. This quick check should be done before each training session so those who trigger a positive answer, can stay away to protect everyone

else. Some clubs may wish to have this completed in the form of an online or paper questionnaire (see [Table 1](#)). Where it has not been possible for this to be completed prior to the session, it must be done at the start of the session before contact with any other player or staff member.

**TABLE 1: SELF-SCREENING CHECK LIST PRIOR TO EACH TRAINING SESSION**

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.	CHECK NEGATIVE	CHECK POSITIVE
<b>A high temperature (above 37.8°C)</b> <ul style="list-style-type: none"> <li>Some clubs may include on-site temperature checking of participants as part of their SOP, this is more relevant to clubs who employ medical staff.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
<b>A new continuous cough.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Shortness of breath.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>A sore throat.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Loss of or change in normal sense of taste or smell.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Feeling generally unwell.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Persistent tiredness</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Been in close contact with/living with a suspected or confirmed case of Covid-19 in the previous two weeks.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Finally, are you or anyone in your household/bubble self-isolating whilst waiting for a test or test results for Covid-19?</b>	<input type="checkbox"/>	<input type="checkbox"/>