



BTM UNITED FC – COVID-19 Self-Health Check Policy

Health Checks and Insurance

1. Before travelling to the session ALL participants agree to undertake the following self-screen check list before travelling to a training session or other football activity. Please refer to HSE guidelines (<https://www.hse.gov.uk/coronavirus/index.htm>) on how you should proceed if you answer YES or Poorly to the above questions.

Note It is important to remember that some people can pass on the virus before they develop symptoms, or never have symptoms despite being infectious. Despite everyone's best efforts, these cannot be screened out of training.

2. Once you have answered 'No' to #'s 1-4 and #'s 6-9 or 'Good' to #5 below, you can safely attend training / games, where your age group coach will take the attendance register, and ask you for final confirmation of you having completed the 'Self-Health Check' before arriving at the session.

Each participant **should self-screen prior to arrival at training / games**, to ensure that they do not have any of the following symptoms (confirmed by a parent / guardian for those under age 18), as these are potential indicators of Covid-19 infection.

This is to include Players (Via their Parents / Guardians) and any attending Coaches / Volunteers

SELF-ASSESSMENT FOR COVID-19 SYMPTOMS CHECK

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| 1. Have you been tested for COVID-19? | Yes / No |
| 2. Have you been or are you currently a contact of a COVID-19 case or a suspected case? | Yes / No |
| 3. Have you completed or are you in the process of completing a period of self-isolation? | Yes / No |
| 4. Have you returned from a country abroad on the 'quarantine list' within the past 14 days? | Yes / No |
| 5. How are you feeling today? | Good / Poorly |
| 6. Do you have a fever or body temperature higher than 37.8 degrees? | Yes / No |
| 7. Do you have a cough, throat pain, muscle pain, unusual weakness, short of breath, chest pain, any palpitations (abnormal heart rate), diarrhea or conjunctivitis? | Yes / No |
| 8. Do you have a loss of sense of smell or taste? | Yes / No |
| 9. Any relevant signs or symptoms of COVID-19 that you think we should be aware of? | Yes / No |

Please refer to HSE guidelines (<https://www.hse.gov.uk/coronavirus/index.htm>) on how you should proceed if you answer **YES or Poorly** to the above questions.

This self-assessment should be completed by all coaches, players (YOUTH and SENIOR ONLY), officials and volunteers involved in a training session or fixture. It does not have to be completed as a physical questionnaire with key personnel being asked to self-assess against the above questions.

If you are in any doubt DO NOT attend the training session or fixture without clearance from the club.



Summary:

The above policy is of course requiring the complete buy-in from all parties concerned with BTM United FC, more now than ever. We have to trust that **ALL** Coaches, Team Admins / COVID Leads, Parents, Guardians and Players agree that they themselves carry out the above simple self-health checks each and every week **WITHOUT FAIL**, that Training / Games are possible.