



Pre-training Covid-19 health screen form

The purpose of this health screen form is to inform and make you aware of the risks involved in a return to training.

Question	Yes / No	More information
Have you or your child (if they are returning) had confirmed Covid-19 infection or symptoms in keeping with Covid-19 (listed below) in the last three months? <ul style="list-style-type: none"> • Fever • New, persistent, dry cough • Shortness of breath • Loss of taste or smell • Diarrhoea or vomiting • Muscle aches not related to sport/training 	Yes / No	If the answer is YES If 7 days post recovery and no symptoms then a gradual return to exercise is permissible but should persistent symptoms of breathlessness on exertion then you should consult your usual medical practitioner.
Have you or your child (if they are returning) had a known exposure to anyone with confirmed or suspected Covid-19 in the last two weeks? (e.g. close contact, household member)	Yes / No	If the answer is YES Not allowed to train until they have self-isolated for 14 days.
Do you or your child (if they are returning) have any underlying medical conditions? (Examples include: chronic respiratory conditions including asthma; chronic heart, kidney, liver or neurological conditions; diabetes mellitus; a spleen or immune system condition; currently taking medicines that affect your immune system such as steroid tablets)	Yes / No	If you have an underlying medical condition that makes you more susceptible to poor outcomes with COVID-19 (including age >65) then you should consider the increased risk and may want to discuss this with your usual medical practitioner
Do you or your child (if they are returning) live with or will you knowingly come into close contact with someone who is currently medically vulnerable if you return to the training environment?	Yes / No	This is an individual call but awareness of risks and the appropriate precautions should be taken.

