



Portsmouth Northsea Swimming Club Covid-19 pre-training 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.

This form can be completed by returning adult members or parents/guardians on behalf returning Portsmouth Northsea Swimming Club (PNSC) members under the age of 18.

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 'Yes', please provide details:	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 'Yes', please provide details:	Not allowed to train until they have self-isolated for 10 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 'Yes', please provide details:	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	If 'Yes', please provide details: Please confirm the vulnerable person has had at least one dose of the Covid-19 vaccine.	This is an individual call but awareness of risks and the appropriate precautions should be taken. One dose of the vaccine significantly reduces the risk to a vulnerable person.
Do you fully understand the information presented in the Covid-19 Return To Training briefing and accept the risks associated with returning to the training environment in relation to the Covid-19 pandemic?	Yes / No		Additional explanation required in this circumstance and if understanding is not forthcoming they should be advised not to train.

Able to train: Yes | No

Sought Medical advice: Yes | No

Medical advice received (copy attached or brief summary captured below): Yes | No

By signing this form I consent to PNSC using my*/my child's* personal data for the protection and safeguarding of my*/my child's* health as well as safeguarding wider public health in response to the impact of Covid-19 on PNSC training activities. I understand that PNSC may still have a lawful need to use this information for such purposes even if I later seek to withdraw this consent.* delete as appropriate

For further details of how we process your personal data or your child's personal data please view our Privacy Notice.

The Privacy Notice can be found at: <https://uk.teamunify.com/team/pnsc/page/about/policies-and-procedures>

Name of member:			
Signed:		Date:	
If member is under 18 parent/guardian signature is required:		Date:	
Name of parent/guardian			