Pre-training Covid-19 health screen

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| Question | Yes / No | More information | |
| Have you had confirmed Covid-19 infection or any symptoms (listed below) in keeping with Covid-19 in the last five months?   * 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: | Will need a medical consultation to confirm they are able to exercise. |
| Have you 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 7 days. |
| Do you 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: | Will need a medical consultation to confirm they are able to exercise and they are aware of the risk. |
| Do you live with or will you knowingly come in to close contact someone who is currently ‘shielding’ or otherwise medically vulnerable if you return to the training environment? | YES/NO | If ‘Yes’, please provide details: | They should not be allowed to train due to the risk posed to the shielding person. |
| Do you fully understand the Covid-19 Return To Training information and accept the risks associated with returning to the training environment in relation to the Covid-19 pandemic? | YES/NO |  | If no the information should be explained again and if they still are not aware then they should be advised not to train. |

Able to train:  Yes |  No

Medical advice required:  Yes |  No

Medical advice received (attach copy):  Yes |  No

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| Signed: |  | Date: |  |
| If under 18 parent signature is required: |  | Date: |  |
| Signed by Covid-19 Officer: |  | Date: |  |