

# SELF SCREENING

Each participant and attendee should self-screen prior to arrival at a training session or club event to ensure they do not have any of the following symptoms (confirmed by a parent for anyone under 18), as these are potential indicators of Covid-19 infection.



**Fever or High Temperature (above 37.8C)**



**Sudden Continuous Coughing**



**Unexpected Difficulty Breathing**



**Sore Throat or Trouble Swallowing**



**Change or Loss of Taste and/or Smell**



**Generally Feeling Unwell or Very Tired**



**Nausea, Vomiting or Diarrhoea**



**Contact with People having Covid-19**



**Within 14 days of the date of the event, if you have or anyone you have been in close contact with has travelled outside the UK to countries with continuing Covid-19 situations not included in the UK Government Travel Corridors - <https://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors>**



**If you have identified any of these symptoms for yourself or your child, or have travelled outside of the UK to a non Travel Corridor country, please refrain from attending events. Contact the coach or organiser to inform them of the situation. If required, contact the NHS to seek medical assistance.**

**THANK YOU ! – STAY SAFE !**