

## Covid-19 Daily Self Screening Questions

**Before In-Person Training Session We expect all participants to be COMPLETELY honest when answering the self-screening questions.**

Participants (athlete or staff) shall **not** attend practice if they:

- have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
- have symptoms of COVID-19, even if mild
- have been in contact with a suspected, probable, or confirmed case of COVID-19 in the last 14 days
- have been told by public health that you may have been exposed to COVID-19
- have returned from travel outside Canada with symptoms of COVID-19

The following questions are to be ascertained before any in-person training:

- Do you have any of the following symptoms:
  - Cough
  - Shortness of breath
  - Chest pain
  - Difficulty breathing
  - Fever
  - Chills
  - Repeated shaking with chills
  - Abnormal muscle pain
  - Headache
  - Sore throat
  - Painful swallowing
  - Runny nose
  - New loss of taste or smell
  - Gastrointestinal illness
- Have you been in contact with or cared for someone with COVID-19 in the last 14 days?
- Have you returned from a trip outside the country within the last 2 weeks?
  
- **Physical Distancing guidelines (such as those outlined below) will be followed at all times:**
  - Avoid being exposed to COVID-19 by physical distancing (min 2 meters)
  - Avoid crowded places
  - Avoid handshakes, hugging, high fives
  - Athletes and staff must respect physical distancing during all aspects of training
  - The facility will have signage to direct athletes, coaches and staff to enter the building/pool deck one at a time
  - All people who enter the Rec Centre must be wearing a mask and maintain appropriate distance from each other and facility staff members