

Pre-Swim Coaching Covid-19 Health Screen

Question	Yes / No	More information	
<p>Have you had confirmed Covid-19 infection or any symptoms (listed below) in keeping with Covid-19 in the last five months?</p> <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 you are 7 days post recovery and exhibit no symptoms then a gradual return to exercise is permissible but should persistent symptoms of breathlessness on exertion still exist then you should consult your usual medical practitioner before resuming training.
<p>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)</p>	Yes / No	If 'Yes', please provide details:	If you have had exposure you will NOT be permitted to train until after 14 days self-isolation with no symptoms.
<p>Do you have any underlying medical conditions? (Examples include:</p> <ul style="list-style-type: none"> • 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.
<p>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?</p>	Yes / No	If 'Yes', please provide details:	This is an individual call for both you and the vulnerable person but awareness of risks and the appropriate precautions should be taken.

Declaration

I confirm that I will only attend Skills4Podium coaching sessions in the full knowledge that I and anyone taking me to or from training are free from any Covid-19 symptoms, and if I do display any symptoms I will not attend training for a period of at least 14 days and follow government guidance to self-isolate.

I further confirm that I will immediately inform Skills4Podium, should I display symptoms.

I am aware that my participation cannot be without risk, I am therefore aware of these risks associated with the Covid-19 virus, but still wish to participate in Skills4Podium coaching sessions.

I understand the processes and protocols Skills4Podium have put in place in order to reduce risks and I will adhere to these in order to protect my health and the health of other members, staff and other users of the facility.

Name:			
Signed:		Date:	
If under 18 Parent's/Guardian's signature is required:		Date:	
Name of Parent/Guardian:			