

Saddleworth 3Ds FC Self-Screen Checklist



Each participant should carry out the following checks before travelling to any football activity. If you answer 'yes' to any one of them you should not travel to the session and follow all Government Guidance.

Coaches should check that each participant has completed the self-screen check before attending and that the checks were negative. Ensuring everyone understands the importance of this simple process being completed before travelling is essential to avoid potential transmission.

If a participant say they fogot to self check, the coach should ask them the health check questions before they join any group. If they answer 'yes' they should not take part in the activity and should be told to safely return home.

| Each participant should self-screen prior to arrival at any football activity to ensure they do not have any of the following symptoms (confirmed by a parent for those under age 18), as these are potential indicators of Covid-19 infection. | Check negative | Check positive |
|---|----------------|----------------|
| A high temperature (above 37.8C) | | |
| A new continuous cough. | | |
| Shortness of breath | | |
| A sore throat. | | |
| Loss of or change in normal sense of taste or smell | | |
| Feeling generally unwell. | | |
| Persistent tiredness | | |
| Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks. | | |
| Finally, are you or anyone in your household/bubble self-isolating whilst waiting for a test or test results for Covid-19? | | |