

Return to Club Activities – Health Screening and Disclaimer



Question	Yes / No	More information	
<p>Have you had a 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:	No return to group training for 10 days post recovery and no symptoms.
<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:	No return to training unless self-isolated for 14 days with no symptoms. If test positive to follow guidance above.
<p>Have you been advised by your medical practitioner to shield due to a condition as detailed in Government guidelines. New guidelines come into place on 1st August 2020.</p>	Yes / No	If 'Yes', please provide details of shielding.	You may still be at risk of severe illness if you become infected with coronavirus. Guidelines are to stay at home as much as you can and continue to take precautions when you do go out. You can do this by washing your hands regularly, avoiding touching your face and keeping 2 metres away from people outside of your household or bubble wherever possible.
<p>Do you live with or will you knowingly come into close contact with someone who is currently 'shielding' or has been "shielding" if you return to the training environment?</p>	Yes / No	If 'Yes', please provide details:	They may still be at risk of severe illness if you become infected with coronavirus and pass it on. Guidelines are to stay at home as much as you can and continue to take precautions when you do go out. You can do this by washing your hands regularly, avoiding touching your face and keeping 2 metres away from people outside of your household or bubble wherever possible.

Club training sessions are undertaken at your own risk. In the event of an emergency it may be necessary to breach social distancing guidelines to administer medical aid to an injured party. Do you understand and accept this and all other risks associated with returning to the training environment in relation to the COVID-19 pandemic?	Yes / No		Runners should self-administer first aid. First aid will only be given in emergency if it cannot be self-administered.
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Able to train: Yes | No

Disclaimer: The subject matter contained in this document is for guidance only and does not replace any guidelines issued by the Government or other governing body. Witham Running Club accepts no duty of care or liability for any loss occasioned, whether caused by negligence or otherwise, to any person acting or refraining from actions as a result of any material in this guidance.

We recommend that you stay up-to-date with government guidance at all times. Government guidance supersedes all advice given by the governing body and Witham Running Club and must be followed at all times.

Name:			
Signature:		Date:	
Signed by COVID-19 Officer / Group Leader		Date:	