

COVID-19

Participant/Coach/Instructor Screening Tool

Any participant, coach or instructor that is involved any camps, practices, workouts, trainings are required to “self-certify” by answering the questions below prior to attending their activity:

Questions	Answer	Action
1. Feeling fever, body aches, or chills?	YES or NO	If yes → go or stay home
2. Respiratory symptoms? (Shortness of breath, or persistent cough, or runny nose)	YES or NO	If yes → go or stay home

If a participant, coach or instructor has **no fever and respiratory symptoms**, they can attend the activity **AFTER** washing their hands and they will need to follow social distancing, frequent hand hygiene and follow all of the CALNORTH guidelines.

Masking with cloth mask is recommended to and from the activity for participants.

Reminder: Cloth masks are not as effective as physical distancing (6 feet apart).

Answered YES to BOTH Questions 1 AND 2:

Participant/Coach/Instructor needs to stay home and self-isolate until he/she is asymptomatic for three (3) days without the use of any medications, and it has been at least 7 days since the first day of their symptoms.

Answered YES to ONLY Question 2:

If symptoms are secondary to underlying disease (such as allergies or asthma) and not worsened compared to baseline, then participant/coach/instructor can report to the activity. If symptoms in Question 2 are NEW, employee needs to follow the same instructions as noted if both Questions 1 AND 2 are YES.