



**SELF-CHECKS BEFORE ATTENDING A MATCH DAY OR PLANNED TRAINING SESSION**

Self-checks are important in identifying who might have symptoms of Covid-19, as this helps reduce those with the infection attending any football activity and transmitting the infection to others. This quick check should be done **before** each Match & Training session so those who have a positive answer, can stay away to protect everyone else.

Where it has not been possible for this to be completed prior to the match or training session, it must be done at the start of the session before contact with any other player or staff member.

Date	Name	Contact Tel Number	Post Code	House No

**THE ABOVE DATA WILL BE RETAINED FOR 21 DAYS BY ROYCE RANGERS AFTER WHICH IT WILL BE DESTROYED**

**SELF-SCREENING CHECK LIST PRIOR TO EACH MATCH & TRAINING SESSION**

<b>EACH PARTICIPANT SHOULD SELF-SCREEN PRIOR TO ARRIVAL AT MATCH / TRAINING 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.</b>	<b>CHECK NEGATIVE (NO)</b>	<b>CHECK POSITIVE (YES)</b>
A high temperature (above 37.8o C)		
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.		

Team Name : .....

Age Group : .....

**This document is to support the NHS Covid 19 “Track & Trace” system**