

## Appendix 5: Daily Screening Checklist

This checklist may be updated as the situation progresses over the next weeks and months.

### Daily Screening Checklist

Today's Date:		Activity Start Time:	
Participant Name:			
Activity/Group:			

1.	Do you have any of the symptoms below? Please circle your answer.		
	<input type="checkbox"/> Fever (greater than 38.0°C) and/or chills	Yes	No
	<input type="checkbox"/> Coughing	Yes	No
	<input type="checkbox"/> Sneezing	Yes	No
	<input type="checkbox"/> Sore throat and/or painful swallowing	Yes	No
	<input type="checkbox"/> Stuffy and/or runny nose	Yes	No
	<input type="checkbox"/> Fatigue related illness*	Yes	No
	<input type="checkbox"/> Loss of appetite	Yes	No
	<input type="checkbox"/> Shortness of breath	Yes	No
	<input type="checkbox"/> Loss of sense of smell	Yes	No
	<input type="checkbox"/> Headache	Yes	No
	<input type="checkbox"/> Muscle aches related to illness*	Yes	No
2.	Have you, or has anyone in your household travelled outside of Canada in the last 14 days?	Yes	No
3.	Have you, or has anyone in your household been in contact in the last 14 days with someone who is being investigated or who has a confirmed case of COVID-19?	Yes	No
4.	Are you currently being investigated as a suspect case of COVID-19?	Yes	No
5.	Have you tested positive for COVID-19 within the last 10 days?	Yes	No

Participant or

Parent/Guardian Name: \_\_\_\_\_ Signature: \_\_\_\_\_  
(please print)

Emergency Contact Name: \_\_\_\_\_ Emergency Contact #: \_\_\_\_\_  
(please print)

Staff Name: \_\_\_\_\_ Signature: \_\_\_\_\_  
(please print)

**\*Note: fatigue and muscle aches may be expected as athletes return to sport. All participants, parents/guardians of minors, and club personnel must determine the difference between this and symptoms of illness.**

**Note: if the participant has taken any pain relief medication (i.e. Tylenol, Advil, etc.) within the past 24 hours to suppress any of the above noted symptoms, indicate above which symptoms the participant exhibited before taking the medication.**

**Note: if Seasonal Allergies are of concern, please contact Michele at 604-485-0520 or by email [prgymnastics@hotmail.com](mailto:prgymnastics@hotmail.com).**