You will be aware of the ongoing outbreak of COVID-19, also known as Coronavirus. Swim Ireland are adhering to guidance from the Health Protection Surveillance Centre in containing the virus and ensuring a safe environment for athletes and staff.

As one of our measures, we are seeking to identify any potential cases at the earliest opportunity to avoid any contacts/spread. The research to date for this novel virus suggests that transmission appears to be during symptomatic phase, and as such, identifying those with symptoms and isolating them should reduce risk significantly.

In addition, it complies with our general illness rule which is to avoid contacts in the club when ill. Please answer the following questions (YES / NO) prior to travelling to any club-based activity and submit to the club as per their instructions.

**This process must be completed for every activity with your club that you intend to attend**. **If athletes are training more than once in a day, they (athletes and staff) will only be required to complete the self-report screening form once.**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **Have you travelled to any country (outside of all-Ireland) in the last 14 days? YES / NO**

If YES, please notify the Lead COVID-19 Officer.

* If you have travelled to a destination listed on the relevant Government Green List, you will not be required to restrict your movement but must notify the club in advance of return to training.
* If you have travelled to any other destination you should not leave home and you should not travel to the pool. You should avoid contact with any other club members for 14 days (from the time of your return). If you are symptom free for 14 days, you may return to the club.

If No, please proceed to the next question.

1. **Have you been diagnosed with COVID-19 in the last 10 days? YES/ NO**

If No, please proceed to the next question.

1. **Have you been in close contact with a suspected or confirmed case of COVID-19? YES / NO**

If YES, please notify the Lead COVID-19 Officer by phone, who will advise you of Swim Ireland protocols. You should not travel to the pool and should restrict your movements.

If No, please proceed to the next question.

1. **Have you been contacted by a member of Public Health about a recent case of COVID-19? YES / NO**

If YES, please notify the Lead COVID-19 Officer by phone. You should not leave home and you should not travel to the pool. We recommend you contact your GP for advice

If No, please proceed to the next question.

1. **Do you have any of the symptoms below in the last 48 hours?**
* Cough **YES / NO**
* Fever **YES / NO**
* Feeling short of breath **YES / NO**
* Loss of taste or smell  **YES / NO**
* Excessive fatigue/tiredness (out of proportion to normal) **YES / NO**
* Sore throat **YES / NO**
* Headache **YES / NO**
* General aches and pain (out of proportion to normal) **YES / NO**
* Gastrointestinal issues (e.g. Diarrhoea, Nausea, etc.) **YES / NO**

If the answer to any of the above questions is YES, please notify the Lead COVID-19 Officer by phone who will advise you of Swim Ireland protocols. For more detailed advice on COVID-19 symptoms please refer to [HSE](https://www2.hse.ie/conditions/coronavirus/symptoms.html) and [NHS](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/) websites.

If the answers to all questions are NO, you can attend training with your club

**Athlete/ Staff Signature: Date:**

**Parent/Carer Signature (if U18):**