



COVID - 19 SELF ASSESSMENT CHECK LIST

All Players and Coaches are to complete the following self assessment check before **every** training session.

Each participant should self-screen prior to arrival at training and matches to ensure they do not have any of the following symptoms as these are potential indicators of Covid-19 infection. If the player is under the age of 18, their Parent/Carer should confirm that the check has been carried out.	Check negative	Check positive
A high temperature (above 37.8 ° C)		
A new continuous cough		
Shortness of breath		
A sore throat		
Loss of or a change in normal sense of taste or smell		
Feeling generally unwell		
Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks.		

If a Player or Coach answers 'positive' to any symptoms, they are to remain at home and follow government guidelines on isolation.



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