#### APPENDIX 3: COVID-19 SYMPTOMS CHECKLIST

C**ovid-19 Symptoms Checklist for Staff / Coaches / Participants**

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| --- | --- |
| Do you/your child have any new onset (or worsening) of any of the following symptoms: | **CIRCLE ONE** |
| * Fever
 | **YES** | **NO** |
| * Cough
 | **YES** | **NO** |
| * Shortness of Breath / Difficulty Breathing
 | **YES** | **NO** |
| * Sore throat
 | **YES** | **NO** |
| * Chills
 | **YES** | **NO** |
| * Painful swallowing
 | **YES** | **NO** |
| * Runny Nose / Nasal Congestion
 | **YES** | **NO** |
| * Feeling unwell / Fatigued
 | **YES** | **NO** |
| * Nausea / Vomiting / Diarrhea
 | **YES** | **NO** |
| * Unexplained loss of appetite
 | **YES** | **NO** |
| * Loss of sense of taste or smell
 | **YES** | **NO** |
| * Muscle/ Joint aches
 | **YES** | **NO** |
| * Headache
 | **YES** | **NO** |
| * Conjunctivitis (commonly known as pink eye)
 | **YES** | **NO** |
| Has the person attending the activity/facility travelled outside of Canada in the last 14 days? | **YES** | **NO** |
| Have you/your child had close unprotected\* contact (face-to-face contact (within 2 meters/6 feet) with someone who has travelled outside of Canada in the last 14 days and who is ill\*\*? | **YES** | **NO** |
| Have you/your child attending the program or activity had close unprotected\* contact (face-to-face contact within 2 meters/6 feet) in the last 14 days withsomeone who is ill\*\*? | **YES** | **NO** |
| Have you/your child or anyone in your household been in close unprotected\* contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19? | **YES** | **NO** |

*\* ”unprotected” means close contact without appropriate personal protective equipment (PPE)*

*\*\* ”ill” means someone with COVID-19 symptoms on the list above*

*If an individual answer ‘YES’ to any of the questions above, they are not to be permitted to participate in training for a minimum of 14 days UNLESS a negative Covid-19 test result is received after answering ‘Yes’ to the above.*

*\*Essential workers who travelled outside of Canada for work-related purposes are exempt to travel restrictions and may be permitted to participate.*