

# IMPORTANT – SELF ASSESSMENT CHECK LIST

Please read before your child takes part in any training session or match



All players, officials, volunteers, and spectators must undergo a self-assessment for any Covid-19 symptoms. No-one should leave home to participate in football if they, or someone they live with, has any of the following:

- A high temperature (above 37.8 degrees C)
- A new continuous cough or sore throat
- Loss of or change in normal sense of taste or smell
- Feeling generally unwell
- Persistent tiredness or fatigue
- Developed a rash or any other symptoms associated with COVID-19
- Been in close contact with/living with a suspected or confirmed case of COVID-19 in the last 14 days

If you answer **YES** to any of the above, please **DO NOT** take part in the training session or match, You **MUST** return home immediately and follow Government guidelines.

By allowing your child to take part, you confirm that your child:

- DOES NOT have any of the above symptoms
- Has NOT been diagnosed with Covid-19 in the last 14 days
- Has NOT been instructed to self-isolate recently by a health care practitioner or PHE
- Is NOT awaiting a COVID-19 test