



Tri20-Specific BTF Return to Play COVID-19 Health Screening for Adults

The purpose of this screen is to inform and make you aware of the risks involved in returning to training

Question	Yes / No	More information
Have you had confirmed COVID-19 infection or any symptoms (listed below) in keeping with COVID-19 in the last five months? <ul style="list-style-type: none"> • Fever • New, persistent, dry cough • Shortness of breath • Loss of taste or smell • Diarrhoea or vomiting • Muscle aches not related to sport/training 	Yes / No	If 7 days post recovery and no symptoms, then a gradual return to exercise is permissible but should persistent symptoms of breathlessness on exertion then you should consult your usual medical practitioner.
Have you had a known exposure to anyone with confirmed or suspected COVID-19 in the last two weeks? (e.g. close contact, household member)	Yes / No	Do not train until you have self-isolated for 14 days.
Do you have any underlying medical conditions? (e.g. respiratory conditions including asthma; heart, kidney, liver, or neurological conditions; diabetes mellitus; a spleen or immune system condition; currently taking medicines that affect your immune system such as steroid tablets).	Yes / No	If you have an underlying medical condition that makes you more susceptible to poor outcomes with COVID-19 (including age >65) then you should consider the increased risk and may want to discuss this with you usual medical practitioner
Do you live with or will you knowingly come into close contact with someone who is currently 'shielding' or otherwise medically vulnerable if you return to the training environment?	Yes / No	This is an individual call, but awareness of risks and the appropriate precautions should be taken.
Do you fully understand the information provided above and accept the risks associated with returning to the training environment in relation to the COVID-19 pandemic?	Yes / No	You can ask for further information or explanation by contacting the Tri20 COVID-19 Officer at c19officer@tri2o.club . If you are unsure about training or do not accept the risks you are advised not to train.