

Self-Health Check - Prior to every team session, each family should review the following questions. A player, or coach, can only attend a team session if they are able to answer 'No' to each of the following seven questions. Any question that leads to a 'Yes' response means the individual cannot attend at least that day's session. Please share these questions with your families:

1. **Are you sick with a cold/flu or are you displaying any signs of COVID-19 and/or flu-like symptoms?**
2. **Do you have any of the following symptoms which are new or worsened if associated with allergies, chronic or pre-existing conditions: fever, cough, shortness of breath, difficulty breathing, sore throat, and/or runny nose?**
3. **Have you returned from outside the country in the past 14 days?**
4. **In the past 14 days, at work-school or elsewhere, did you have close contact with someone who has a probable or confirmed case of COVID19?**
5. **In the past 14 days, at work-school or elsewhere, did you have close contact with a person who had acute respiratory illness that started within 14 days of their close contact to someone with a probable or confirmed case of COVID-19?**
6. **In the past 14 days, at work-school or elsewhere, did you have close contact with a person who had acute respiratory illness who returned from travel outside of the country in the 14 days before they became sick?**
7. **In the past 14 days have you been directed by Public Health to self-isolate?**

When in doubt – stay home! The goal is to keep everyone healthy and that is the only way we continue without further interruption.