**Individual Self-Screening Questionnaire**

You must **NOT** attend if you have:

* Symptoms of a high temperature (feeling hot, feeling cold, shivers, feeling under the weather)
* A new persistent cough
* A loss of taste or smell
* Been in contact with a person with suspected COVID-19 within the past 48 hours
* Been asked to remain at home by the UK Government track and trace system
* Been advised to self-isolate due to a third party from another setting (i.e. school) that has been infected with COVID-19
* Anyone within your household who has COVID-19 symptoms as outlined above, which would require the whole household to go into isolation as guided by UK Governments

**People previously shielding**

If you were asked to shield previously by the Government (before 1st August), we strongly recommend you take extra care to understand the environments you attend and make sure it is the right decision for you.

**Opting- Out**

There should be no pressure placed upon a player to attend a training session or game if they have symptoms or they feel like the environment is unsafe for them. If during a session an individual feels uncomfortable with the management of the session, then there should be no pressure placed on that individual if they decide to opt-out of that session.

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