

# Rose City Gymnastics COVID-19 Daily Wellness Entrance Checklist

This checklist must be completed every day by anyone entering our facility to help prevent the spread of COVID-19. All competitive athletes/parents will fill out this form online within 2 hours of their class start time in order to enter the facility. If you answer YES to any questions or show signs / symptoms of any illness you WILL NOT be allowed into our facility. Management reserves the right to accept or deny your entrance into our facility – let's work together to keep everyone healthy!

Please answer **all** the following questions – this must be completed every day to enter the facility.

1. Do you or anyone in your household have ANY of the following symptoms:

- Fever (feeling hot to the touch, temp of 38°C / 100.4°F or higher)
- Cough that's new or worsening (continuous, more than usual)
- Barking cough, making a whistling noise when breathing
- Shortness of breath (out of breath, unable to breathe deeply)
- Runny Nose (not related to allergies)
- Stuffy or congested nose (not related to allergies or other conditions)
- Digestive Issues (nausea/vomiting, diarrhea, stomach pain)
- Extreme tiredness that is unusual (fatigue, lack of energy)
- Chills
- Pink Eye (Conjunctivitis)
- Sore Throat
- Difficulty swallowing
- Lost sense of taste or smell
- Headache
- Muscle aches
- Falling down often

Yes

No

2. Do any of the following apply to you or anyone in your household: 65 years or older, condition that affects immune system, chronic health condition, and / or receiving treatment that affects your immune system? If you have any of these conditions, you should be taking further precautions when entering the facility, example mask at all times, etc.

3. In the last 14 days, have you travelled outside of Canada and been told to quarantine?

Yes

No

If yes, please specify where: \_\_\_\_\_

4. In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19 or has shown symptoms of COVID-19? (Close contact means speaking with someone less than 2 metres away for over 15 minutes, being in the same room or workplace for over 15 minutes, or living in the same home)

Yes

No

5. Temperature - \_\_\_\_\_ / \_\_\_\_\_ Taken at home or possibly at the facility (if your temperature is 38°C or 100.4°F or higher check yes in #1 above, you will not be able to enter the facility)

Name: (print) \_\_\_\_\_

Signature: \_\_\_\_\_

Guardian: (if under 18) \_\_\_\_\_

Signature: \_\_\_\_\_

Date: (MM/DD/YYYY) \_\_\_\_\_

**If you answer yes to any of the questions or have a fever DO NOT come to Rose City Gymnastics Club.**

ACCESS TO FACILITY: APPROVED  DENIED

Approved/Denied By: \_\_\_\_\_