



Pre-arrival Self declaration / checklist



Each participant / Parent / guardian /spectate – should complete this self-assessment before arriving at Woodbridge Rugby Club

To be completed each time before (Confirmed by Parents/guardians for those under 18's)		
Potential indicators of COVID-19	Yes	No
Do you have a high temperature (this means you feel hot to touch on your chest or back – you do not need to measure your temperature)?		
Do you have a new continuous cough?		
Do you have an unusual shortness of breath during exercise or rest?		
Do you have a loss of or change in normal sense of taste or smell?		
Are you currently isolating as a result of showing symptoms of COVID-19?		
Have you been in contact with a COVID-19 confirmed or suspected case in the last 14 days?		
Has anyone in your household reported or exhibited any of the symptoms outline in the above questions?		
Are you currently required to isolate or quarantine following overseas travel?		
Have you been in close contact with / travel from a high-risk region / living with a suspected or confirmed case of COVID-19 in the last 14 days?		

If you have answered yes to any of these then please respect your fellow club members / supports and do not travel to the club. If you have received a negative test, following being requested to self-solate then you are able to participate.

