

Athlete Health Screening

The Covid-19 pandemic poses some unique challenges and our goal is to ensure the safety and health of everyone. We all have a role to play in reducing the spread of Covid-19.

By my signature(s) below, as part of my registration, I agree to adhere to the following guidelines:

No athlete and parent will be able to participate in any skating program unless able to answer **NO to each question at registration and for every scheduled session thereafter:**

- Do you – or anyone else in your family have
 - Fever higher than 38 C in the past 2 days?
 - Current cold or flu symptoms in the past 2 days?
 - Any difficulty breathing in the past 2 days?
 - Stiff neck or headache with a fever in the past 2 days?
 - Vomiting or diarrhea in the past 2 days?
- Are you experiencing unusual levels of tiredness, lethargy, low energy?
- Are you experiencing any other symptoms of illness?

Everyone has a role to play in reducing the spread of Covid-19.

While Silver Blades Skating Club and third party buildings, such as municipal or private facilities will have extra safety measures in place, it is up to everyone to protect their own health. It's an individual responsibility.

I also agree to abide by the following:

- All Silver Blades Skating Club policies and procedures as well as extra safety procedures and expectations
- Proper hand hygiene: Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer with at least 60% alcohol in the absence of soap and water
- Avoid touching your face
- Proper respiratory etiquette
- Physical distancing measures
- Avoid contact with people who are sick
- Stay home if sick

Athlete Name

Signature

Date

**Parent/Legal Guardian Name
(if under the age of 19)**

Signature

Date
