



# Benson United

## SELF-CHECKS BEFORE ATTENDING TRAINING/MATCHES

Self-checks are very important in identifying who has possible symptoms of Covid-19 infection, as this helps reduce those with the infection attending football activity and transmitting the infection to others. This quick check should be done before each training session so those who trigger a positive answer, can stay away to protect everyone else. Where it has not been possible for this to be completed prior to the session, it must be done at the start of the session before contact with any other player or staff member.

EACH PARTICIPANT SHOULD SELF-SCREEN PRIOR TO ARRIVAL AT TRAINING TO ENSURE THEY DO NOT HAVE ANY OF THE FOLLOWING SYMPTOMS (CONFIRMED BY A PARENT FOR THOSE UNDER AGE 18), AS THESE ARE POTENTIAL INDICATORS OF COVID-19 INFECTION	CHECK NEGATIVE	CHECK POSITIVE
A high temperature (above 37.8oC)		
A new continuous cough		
Shortness of breath		
A sore throat		
Loss of or change in normal sense of taste or smell		
Feeling generally unwell		
Persistent tiredness		
Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks		