

# RUN Harpenden pre-activity health questionnaire

All athletes taking part in RUN Harpenden sessions must confirm the following:

## 1. Health

I confirm that I have not had any Covid-19 symptoms (see below) or been tested positive for Covid-19 during the last 14 days.

## 2. Future changes to health

I confirm, in the event that I exhibit Covid-19 symptoms in the future and/or have a positive test, I will inform RUN Harpenden as soon as possible and as a matter of priority, and not attend training sessions within 14 days of the illness/test.

## 3. If tested positive

I confirm that I will inform RUN Harpenden as soon as possible and as a matter of priority, and will complete the UKA Covid-19 report form or agree to RUN Harpenden completing it on my behalf - <https://www.uka.org.uk/governance/health-safety/covid-19-form/>

## 4. Quarantine

in the event that I am required to quarantine due to contact/proximity to someone who has been required to quarantine, I confirm I will not attend training sessions until my quarantine period ceases.

### **The main symptoms of coronavirus (COVID-19) are:**

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Please stay up to date with the latest from the UK Gov Website <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>