



Health Screening Questionnaire

Name of Athlete: _____

Date: _____

This questionnaire must be completed by each athlete prior to participation in any sport activity with _____ (club or sport organization).

The answer to all questions below must be "No" in order to participate.

1. Do you have any of the following symptoms	Yes	No
• Fever (Feeling hot to the touch, a temperature of 37.8C or higher)		
• Chills		
• 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 seasonal allergies or other known causes or conditions)		
• Stuffy/congested nose (not related to seasonal allergies or other known causes or conditions)		
• Sore throat		
• Difficulty swallowing		
• Lost sense of taste or smell		
• Pink eye		
• Headache that is unusual or long lasting		
• Digestive issues like nausea/vomiting, diarrhea, stomach pain		
• Muscle aches that are unusual or long lasting		
• Extreme tiredness that is unusual (fatigue, lack of energy)		
• Falling down often		
• For young children and infants: sluggishness or lack of appetite		



2. In the last 14 days, have you been in close physical contact with someone who:

Close physical contact means:

- less than 2 metres away in the same room, workspace or area
- living in the same home

	Yes	No
• Tested positive for COVID-19?		
• Is currently sick with a new cough, fever, or difficulty breathing?		
• Someone who returned from outside of Canada in the last 2 weeks, and is not an essential worker with exemption from mandatory quarantine?		

3. In the last 14 days, have you travelled outside of Canada (This does not include essential workers who cross the Canada-US border regularly).

	Yes	No

If an individual answers “yes” to any of these questions, they are not permitted to participate in any club activities.

This health screening questionnaire has been developed based on the Ontario Ministry of Health Self-Assessment Tool.