

## PERSONAL HEALTH CHECK INFORMATION FORM

|   |    |     |
|---|----|-----|
| Name ( <i>as shown on passport or ID card</i> )   |    |     |
| National Federation   |    |     |
| Permanent place of residence  |    |     |
| Address during the event  |    |     |
| Mobile phone number   |    |     |
| E-mail address  |    |     |
| Countries you visited or stayed in over the last 14 days  |    |     |
|   | NO | YES |
| <p>Have you had any of the following symptoms during the last 14 days:</p> <ul style="list-style-type: none"> <li>• Runny nose</li> <li>• Sneezing</li> <li>• Sore Throat</li> <li>• Severe Fatigue</li> <li>• Aching muscles or joints</li> <li>• Difficulty breathing</li> <li>• Loss of taste or smell</li> <li>• Headache</li> <li>• Cough</li> <li>• Fever</li> <li>• Nausea/Vomiting</li> <li>• Diarrhoea</li> <li>• Low back pain</li> <li>• Unusual abdominal pain</li> </ul> |    |     |
| Have you recently had contact with a proven Covid 19 positive individual?   |    |     |
| Have you had to quarantine or told to self isolate within the last 14 days?   |    |     |
| Have you had a negative rapid antigen or PCR test <b>immediately prior</b> to competition venue access?   |    |     |

Signature and date: