



## RAVENS HEALTH SCREENING QUESTIONNAIRE



**This questionnaire must be completed by each individual prior to participation in each on-ice or off-ice activity. This questionnaire may be completed verbally. Your Trainer will ask you to confirm that you have completed the questionnaire and answered no to all questions before you will be permitted to participate in the activity. If you have answered yes to any of the questions, please inform your Coach or trainer prior to coming to the arena/facility.**

Are you currently experiencing any of these issues? Call 911 if you are.

1. Severe difficulty breathing (struggling for each breath, can only speak in single words)
2. Severe chest pain (constant tightness or crushing sensation)
3. Feeling confused or unsure of where you are
4. Losing consciousness

If you are in any of the following at risk groups, we ask that you speak with your physician prior to participating.

1. 70 years old or older
2. Getting treatment that compromises, (weakens) your immune system (for example, chemotherapy, medication for transplants, corticosteroids, TNF inhibitors)
3. Having a condition that compromises (weakens) your immune system (for example, diabetes, emphysema, asthma, heart condition)
4. Regularly going to a hospital or health care setting for a treatment (for example, dialysis, surgery, cancer treatment)

The answer to all questions must be "No" in order to participate in each on-ice or off ice activity.

1. Are you experiencing any of these symptoms?

Do you have a fever? (Feeling hot to the touch, a temperature of 37.8C or higher)

Yes     No

Chills

Yes     No

Cough that's new or worsening (*continuous, more than usual*)

Yes     No

Barking cough, making a whistling noise when breathing (croup)

Yes     No

Shortness of breath (out of breath, unable to breathe deeply)

Yes     No

Sore throat

Yes     No

Difficulty swallowing

Yes     No



Runny nose, sneezing or nasal congestion (*not related to seasonal allergies or other known causes or conditions*)

Yes     No

Lost sense of taste or smell

Yes     No

Pink eye (conjunctivitis)

Yes     No

Headache that's unusual or long lasting

Yes     No

Digestive issues (nausea/vomiting, diarrhea, stomach pain)

Yes     No

Muscle aches

Yes     No

Extreme tiredness that is unusual (fatigue, lack of energy)

Yes     No

Falling down often

Yes     No

For young children and infants: sluggishness or lack of appetite

Yes     No

For the remaining questions, close physical contact means: Being less than 2 meters away in the same room, workspace, or area for over 15 minutes or living in the same home.

2. In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19?

Yes     No

3. In the last 14 days, have you been in close physical contact with a person who either:

Is currently sick with a new cough, fever, or difficulty breathing; OR Returned from outside of Canada in the last 2 weeks?

Yes     No

4. Have you travelled outside of Canada in the last 14 days?

Yes     No

If an individual has answered "Yes" to any of these questions, they are not permitted to participate in any on-ice or off-ice activities. **Please call your trainer immediately and let them now that you have responded positively to questions in the Ravens Health Screening Questionnaire. If you don't have contact information for your trainer please e-mail - your name; age group; date and time of activity to [c19responseteam@waterlooravens.com](mailto:c19responseteam@waterlooravens.com)**

*Please note: This Health Screening questionnaire has been developed based on the Ontario Ministry of Health Self-Assessment Tool (June 17, 2020).*