

**Soo Finnish Nordic Ski Club Programming COVID Screening Questions 2021-2022**

**Update: January 12, 2022**

- 1. Are you currently experiencing any of these symptoms? Symptoms should not be chronic or related to other known causes or conditions.**

- 1. Fever and/or chills**
- 2. Cough or barking cough (croup)**
- 3. Shortness of breath**
- 4. Decrease or loss of smell or taste**
- 5. Muscle aches/joint pain**
- 6. Extreme tiredness**
- 7. Sore throat/difficulty swallowing**
- 8. Runny or stuffy/congested nose**
- 9. Headache**
- 10. Nausea, vomiting and/or diarrhea**

Yes  No

- 2. In the last 10 days, have you tested positive for COVID-19 (PCR test or rapid antigen test) or are you currently waiting for COVID-19 test results?**

Yes  No

- 3. In the last 10 days, has someone you live with either been sick with symptoms associated with COVID-19 or tested positive for COVID-19 or is currently waiting for COVID-19 test results?**

Yes  No

- 4. In the last 10 days, have you been identified as a “close contact” of someone who currently has COVID-19?**

Yes  No

5. Has a doctor, health care provider or public health unit told you that you should currently be isolating (staying at home)?

Yes  No

6. In the last 10 days, have you received a COVID Alert exposure notification on your cell phone?

Yes  No

7. In the last 14 days, have you or someone you live with travelled outside of Canada AND been advised to quarantine (as per the federal quarantine requirements)?

Yes  No

8. In the last 10 days (if not fully vaccinated) or 5 days (if fully vaccinated) has someone you live with been identified as a "close contact" of someone who currently has COVID-19?

Yes  No

**If you answered 'yes' to any of the questions, do not attend the ski session. This screening tool is not to be used as a clinical assessment tool or intended to take the place of medical advice, diagnosis or treatment. Anyone who is sick or as has any symptoms of illness, including those not listed in this screening tool, should stay home and seek assessment from their health care provider.**

References: Ontario COVID-19 Screening Tool for Businesses and Organizations (recommended for outdoor recreational and sports facilities) – Version 5.5 updated December 30, 2021., Ontario COVID-19 screening tool for students and children in school and child care settings Jan 6, 2022,