



## SELF-CHECK QUESTIONNAIRE????

Help Each Other By Been Responsible for Your Part in This Battle

Have you?

- A new persistent Cough
- Suffered from shortness of breath
- A Fever or had in the last 24 hours
- Been around anyone that has symptoms within the last 14 days
- Returned from holiday in the last 14 days
- Cracked or dry skin

If You Answer **YES** to any of the above then Please do not enter but call 07773376633 for Advice

If the answer is **NO** to all of the above, then answer the next below:



Have you Brought with you?

- A bag for your shoes
- A bag for your waste
- Own Water
- Hand Towel (Facecloth is too small)
- Medicines such as Epi Pen, Inhaler etc



If the answer is **YES** to the above:

You may now enter and participate following the extra rules below!!!

- Be Temperature checked with our contactless infrared thermometer.
- Enter the training area wearing no footwear or coverings.
- As you enter and leave the training area you **MUST** clean your feet then Hands with the provided Clinical wipes.
- Equipment may be passed to you and returned to the instructor only.
- Avoid coughing or sneezing into free air, use your elbow joint if no tissue is to hand.
- Take your used tissue home and dispose.**
- Abide by all usual school rules.