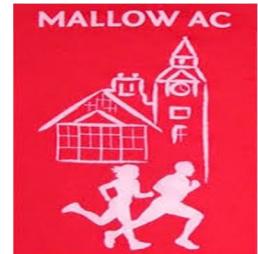


# Mallow AC COVID-19 Pre-Training Form

To help prevent the spread of COVID-19, every athlete must complete and sign this form before pre-training. On review of the form, Mallow AC may contact you and ask you not to return to training immediately and will discuss a suitable future date for your return.  
N.B. Every question must be answered and the form returned by email to: [returntotrainingmac@gmail.com](mailto:returntotrainingmac@gmail.com)



<b>Athletes Name:</b>		<b>Reviewed By:</b>		
<b>Question</b>			<b>Yes</b>	<b>No</b>
1. Do you have symptoms of cough, fever, high temperature, sore throat, runny nose, breathlessness or flu like symptoms now or in the past 14 days?				
2. Have you been diagnosed with confirmed or suspected COVID-19 infection in the last 14 days?				
3. Are you a close contact of a person who is a confirmed or suspected case of COVID-19 in the past 14 days (i.e. less than 2 metres for more than 15 minutes altogether in 1 day)?				
4. Have you been advised by a doctor to self-isolate at this time?				
5. Please provide details* below of any other circumstances relating to COVID-19, not included in the above, which may need to be considered to allow your safe return to exercise. Further information on people at higher risk from Coronavirus can be accessed <a href="#">here</a> .				
<b>Additional Information</b>				

\* If you are unsure whether or not you are in an at-risk category, please check the information at the link in Question 5. If your situation changes after you complete and Submit this form, please inform Liam Murphy – Mallow AC .

**Print Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Please return this signed form (scan or photo will suffice) to [returntotrainingmac@gmail.com](mailto:returntotrainingmac@gmail.com)