



Tullamore Hockey Club

To ensure the Safety & Health of all people interacting with our Club, all club members/visitors must complete this Declaration Form PRIOR to entering Tullamore Harriers grounds and hockey pitch.

Hockey Ireland are adhering to guidance from the Health Protection Surveillance Centre in containing the virus and ensuring a safe environment for athletes, volunteers and staff.

As one of our measures, we are seeking to identify any potential cases at the earliest opportunity to avoid any contacts/spread. The research to date for this novel virus suggests that transmission appears to be during symptomatic phase, and as such, identifying those with symptoms and isolating them should reduce risk significantly.

In addition, it complies with our general illness rule which is to avoid contacts in the club when ill. Please answer the following questions (YES / NO) prior to travelling to any club-based activity and submit to the club.

LEAD COVID-19 OFFICER : NIAMH HORNECK JOHNSTON

PHONE: 087-6199776

PLAYER NAME:

DATE AND TIME OF HOCKEY SESSION:

1. **Have you or any of your household travelled to any country (outside of all-Ireland) in the last 14 days?** YES/NO

- If you have travelled to a destination listed on the relevant Government Green List, you will not be required to restrict your movement but must notify the club in advance of return to training.
- If you have travelled to any other destination you should not leave home and you should not come to training. You should avoid contact with any other club members for 14 days (from the time of your return). If you are symptom free for 14 days, you may return to training.

2. **Have you been in contact with a case of COVID-19 (>15 minutes face to face contact)?** YES/NO

You should not come training.

3. **Have you been contacted by a member of Public Health about a recent case of COVID-19?** YES/NO

You should not come training.

4. **Do you have any of the symptoms below in the last 48 hours?**

- Cough YES/NO
- Fever over 37.5°C YES/NO
- Feeling short of breath YES/NO
- Excessive fatigue/tiredness (out of proportion to normal) YES/NO
- Sore throat YES/NO
- Headache YES/NO
- General aches and pain (out of proportion to normal) YES/NO
- Loss of taste or smell YES/NO
- Gastrointestinal issues (e.g. Diarrhoea, Nausea, etc.) YES/NO

If you answer yes to any of these questions, you should not come training and contact your GP by phone.

5. **Is a member of your household self isolating or has Covid-19 symptoms?** YES/NO

You should not come training.

6. **Are you awaiting the result of a Covid-19 test?** YES/NO

You should not come training

If you have answered yes to any of the questions above, you should stay at home & contact your GP by phone for further advice. If you have answered NO to all the above questions you may train/play with your team. If you have any queries contact Niamh.

PLAYER (if over 18)/ Parent Signature(if under 18):

DATE: