

This document is an updated Daily Health Assessment following BCCDC's COVID-19 Public Health Guidance for K-12. School Settings dated September 11, 2020.

All parents, guardians, and/or caregivers have the responsibility to conduct a Daily Health Assessment of the swimmer each day before sending them to swim club.

[Do not return this assessment to PNSC. Keep this at home for your daily reference.](#)

Swimmer Daily Health Assessment

1. Key Symptoms of Illness

Does the swimmer have any of the following symptoms?* YES / NO

- Fever, chills;
- Cough or worsening of chronic cough;
- Shortness of breath;
- Loss of sense of smell or taste;
- Diarrhea;
- Nausea and vomiting

2. International Travel Has the swimmer returned from travel outside Canada in the last 14 days?

3. Confirmed Contact Is the swimmer a confirmed contact of a person confirmed to have COVID-19?

* New symptoms unrelated to a known chronic condition

If you answer "YES" to any of the questions in the key symptoms section excluding fever, you should stay home for 24 hours. If the symptoms improve, you can go back to swimming when you feel well enough.

If after 24 hours, symptoms persist or worsen, or as soon as you develop a fever, see your doctor or call the 811 line. Under these conditions, you should not return to swimming until COVID has been excluded or your symptoms have resolved.

If the health care professional consulted recommends taking a COVID test and the test is positive:

- You should stay home until a public health official clears you to complete your period of isolation.

If the healthcare professional consulted recommends taking a COVID test and the test is negative:

- You can go back to swimming when symptoms have improved and you feel well enough to return.

A new test is not necessary unless you have new symptoms.

If the COVID test is recommended, but you decide not to do it or you don't see your doctor or the 811 line and your symptoms are not related to a known chronic condition, you should stay home for 10 days after the onset of symptoms.

A medical note should not be required.