**PRE-RETURN SELF DECLARATION FORM**

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| If you answer YES to any of the below questions you should NOT attend your club and before you return you should follow appropriate medical advice and guidelines.  |
| Questions | **Yes** |  | **No** |
|  |  |  |  |  |
| 1 | Have you been in close contact with anyone who is confirmed to have had COVID-19 virus in the last 14 days?  |  |  |  |
|  |  |  |  |  |
| 2 | Have you been in close contact with anyone who is suspected of having COVID-19 virus in the last 14 days? |  |  |  |
|  |  |  |  |  |
| 3 | Do you live in the same household with someone who has symptoms of COVID-19 who has been in isolation in the last 14 days? |  |  |  |
|  |  |  |  |  |
| 4 | Have you been advised by a doctor to self-isolate at this time?  |  |  |  |
|  |  |  |  |  |
| 5 | Are you suffering now, or have you suffered any of the following symptoms in the past 14 days?  |  |  |  |
|  |  |  |  |  |
|  |  | **Yes** |  | **No** |  | **Yes** |  | **No** |
|  | Cough |  |  |  | Runny Nose |  |  |  |
|  | Breathing Difficulties |  |  |  | Flu Like Symptoms |  |  |  |
|  | Fever / High temperature |  |  |  | Rash |  |  |  |
|  | Sore Throat |  |  |  | Loss of Smell / Taste |  |  |  |
|  |  |  |  |  |
| 6 | Have you been advised by a doctor to cocoon? |  |  |  |
|  |  |  |  |  |
| 7 | Have you returned to Ireland / Northern Ireland within the last 14 days from a country listed by Government, which requires individuals to self-isolate or restrict their movements on their return? |  |  |  |
|  |  |  |  |  |
| 8 | If “**YES”**, WHERE? *Insert name of country \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* |  |  |  |
| If you answer yes to any of the questions 1-6 in the above section of this Pre-return Self Declaration form, you must receive a medical examination & clearance from your GP to participate in Special Olympics Ireland activities |

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| For Athletes whose Athlete Participation Form (APF) is expired or due to expire between March - December 2020 only OR if an athlete was diagnosed with COVID-19 |
|  |  |  |  |
| Tick YES or No to the following questions | **Yes** |  | **No** |
| 1 | Have you a health condition that requires annual or more frequent assessment and monitoring by a specialist or your GP e.g. Diabetes, severe asthma, any cardiac condition, any condition in which a constant review of medication is necessary? |  |  |  |
|  |  |  |  |  |
| 2 | Have you had the COVID-19 virus and been hospitalised? |  |  |  |
|  |  |  |  |  |
| 3 | Have you experienced at rest /during exercise: difficulty breathing, chest pain, shortness of breath, loss of consciousness, light-headedness, visual changes, headache, cough, skipped heartbeats? |  |  |  |
| If you answered Yes to any of these 3 questions (immediately above) you must complete an Athlete Participation form (APF) & complete Pre return Self Declaration Form.All new athletes must complete an Athlete Participation Form |
|  | Name:  |  |  |  |
|  | BLOCK CAPITALS |  |  |  |
|  | Signature:  |  |  |  |
|  | Date:  |  |  |  |