

Settle Wheelers Go-Ride Coaching Sessions – Health Questionnaire

A British Cycling requirement of clubs/coaches operating training within a Covid-19 secure environment (which allows for a maximum of 5 riders per qualified coach, up to a total group size of 30, including coaches and assistants) is that riders taking part in sessions complete a health questionnaire, prior to the sessions.

Please note that Settle Wheelers are supporting the Government/NHS Track & Trace system, so your contact details will be passed on to the relevant authority in the event of a rider/parent/carer testing positive for Covid-19.

The following should therefore be completed by riders (or parent/guardian if athlete is under 18) taking part in organised Settle Wheelers Go-Ride training sessions and either emailed to daviddewhirst7@gmail.com or returned to Coach or Welfare Officer on arrival.

Name of rider:

Name of parent/guardian if rider under 18:

Phone number:

Health: I confirm that my child has not had any Covid-19 symptoms (see below) or been tested positive for Covid-19 during the last 14 days.

Future changes to health: I confirm, in the event that my child exhibits Covid-19 symptoms in the future and/or have a positive test, I will inform the Coach or Welfare Officer and the child will not attend Go-Ride sessions within 14 days of the illness/test.

Need to Quarantine: In the event that my child is required to quarantine due to contact/proximity to someone who has been required to quarantine, I confirm that my child will not attend Go-Ride sessions until the quarantine period ceases.

Signed (rider or parent/guardian for U18s):

The main symptoms of coronavirus (COVID-19) are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

