

SAC Self-Administered Health Screen and Procedures



Please answer the following Health Screen questions each day before you come to practice. The most concerning threat to an organized sports team is rapid spread within the group. Effective containment depends on early symptom identification, removal from practice (isolation), and strict guidelines regarding return to practice. Please note, this form is for your family's personal use. You do not need to bring this form to practice.

If you had any of the **following symptoms in the past 24 hours**, please remain at home and do not return to practice until you are symptom free for 72 hours. If practical, go to a testing facility to be assessed. Testing facility locations are included at the bottom of the document.

- Unexplained rash
- Diarrhea
- Vomiting
- Cough
- Shortness of breath/difficulty breathing
- Fever
- Chills
- Muscle pain or body aches
- Sore throat
- New loss of taste or smell

Assuming you have a personal thermometer at home, please **conduct a temperature check each day before coming to practice**. If your temperature exceeds 100 degrees, please remain at home and do not practice until your temperature is normal. If practical, go to a testing facility to be assessed. Testing facility locations are included at the bottom of the document.

Have you tested positive for COVID-19 or otherwise been diagnosed with COVID-19 within the last 14 days? If you answer yes, all three of the following are required before return to practice: a minimum of 14 days of self-quarantine from the positive test, 72 hours with no symptoms, and a subsequent negative test. Testing and results must be reported to the coaching staff to monitor contacts and early signs of transmission within the team or groups.

Have you have had close contact within the last 14-days with someone who has COVID-19 or who has any of the above symptoms? (Note: Close contact is defined as within 6 feet for more than 10 minutes per CDC Guidelines.) If you answer yes, to return to practice the swimmer should have no symptoms for 72 hours, a negative test, and no additional close contact with the infected individual.

Testing locations

There are multiple options for drive-through testing.

Honor Health currently has a dedicated drive-through testing site at the Honor Health Urgent Care on Bethany Home road and 16th: 1515 E Bethany Home Rd Suite 120B, Phoenix, AZ 85014. 7 AM-7 PM 602-674-6260.