

Riversdale Athletics Club Group Workout Screening Questions

Self screening prior to attending a workout - If you answer yes, to any of these questions, please do not attend the training session.

To be asked of each workout attendee at the beginning of each workout as part of the attendance procedure.

1. Are you experiencing a fever, cough, shortness of breath, sore throat, runny nose, flu-related aches and pains or flu-related fatigue? (symptoms are not related to allergic responses).
2. Is anyone in your household experiencing any of the symptoms above?
3. Have you been in contact with (within 2m) with anyone confirmed or probable case of COVID-19 in the past 14 days?
4. Have you been travelled outside of the country in the past 14 days?
5. Have you attended a mass gathering (over 15 people indoors; over 30 people outdoors) in the past 14 days?