A picture containing drawing

Description automatically generatedYorkshire DuathlonPre-event Health Questionnaire

As part of the British Triathlon sanctioning process under current covid-19 conditions it is a requirement that all entrants complete this form redeclaring their fitness to participate. When completed please [email](mailto:info@trihard.co.uk?subject=Covid%20Health%20Check%20Form) by April 14th at the very latest.

**Social Distancing**

2m social distancing will apply at all times with the exception of the transition area where 1m plus will apply.

**Declaration**

I confirm that within the last 14 days I (or someone I live with) have not been unwell with any of the following symptoms:

* A high temperature
* A new, continuous cough
* A loss of, or change to, my sense of smell or taste

If I (or someone I live with) have demonstrated any of the above symptoms, I will follow NHS and PHE guidance on [self-isolation](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/) and not attend the event.

Since January 2020, if you have tested positive for Covid-19:

* If you were hospitalised due to Covid-19, you should undergo a form of health screening prior to taking part in a triathlon or multisport. This screening is best led by a doctor with specialist training in sports medicine. However other doctors may feel competent to make decisions on your fitness to compete and to decide any appropriate investigations that might be required.
* If you were not hospitalised due to Covid-19, but self-isolated having tested positive or shown symptoms at any time, you are also recommended to undergo a form of screening.
* If you have felt entirely well during the pandemic, you are not routinely recommended to undergo health screening, but it is something to be considered as part of your normal health monitoring for the health-conscious competitor.

Your GP should be able to guide you on what level of screening you may require, and who is the best person to assist you in the process.

Name:

Date Completed:

Contact telephone:

I also confirm that in light of recent restrictions on movement I am suitably fit to take part in the event. YES or NO?

The information in this document is held subject to the event organisers’ privacy policy and will be shared with NHS Test and Trace upon request. More information about NHS Test and Trace (England) can be found [here](https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works), NHS Test and Protect (Scotland) can be found [here](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-contact-tracing), and NHS Test, Trace, Protect (Wales) can be found [here](https://gov.wales/test-trace-protect-coronavirus).