

Self-check sheet for new coronavirus infection prevention

To Parents

In order to enjoy rugby more safely, please inform of the health condition of your child on the morning of the practice day.

| | | | |
|-----------------|--|-------------------|-------|
| Date | | | |
| Name of student | | School year | |
| Name of parent | | Emergency contact | Phone |

*Parent entering practice venue must fill in the name.
Only one parent can enter the ground per student.*

***Preventive measures**

- Wear a mask from home to practice venue
- Hand washing and disinfection before and after practice
- Prohibition of handshake, high-five and hug
- Keeping a distance (changing clothes, gathering, warming up, cooling down, practice)
- Do not spit saliva or sputum on the field
- Do not shout at close distance

◎ Practice participation is prohibited if any of the following items apply. (Including family and person living together)

- | | |
|--|--|
| <input type="checkbox"/> Fever exceeding normal temperature <input type="checkbox"/> Dullness/suffocation <input type="checkbox"/> Abnormal olfaction or taste | <input type="checkbox"/> Cold symptoms such as cough and sore throat <input type="checkbox"/> Feeling heavy, easy to get tired <input type="checkbox"/> Contact with positive coronavirus infections during the last 14 days |
|--|--|

◎ If none of the above items apply, please check the following.

| | | | | |
|---|------------------------------------|-----|-----|---|
| ① | Enough sleep | Yes | No | Did your child sleep for 7 to 8 hours? |
| ② | Good appetite | Yes | No | Please eat three meals with good nutritional balance. |
| ③ | Diarrhea | No | Yes | Is your child feeling well in stomach and intestines? |
| ④ | Headache or Chest pain | No | Ye | Other concerns () |
| ⑤ | Pain in joints | No | Yes | If yes, fill in the painful part. () |
| ⑥ | Getting too tired | No | Yes | If yes, specify it. () |
| ⑦ | Feeling tired due to other sports? | No | Yes | If yes, specify it. () |
| ⑧ | Motivated to today's practice? | Yes | No | Today's goal () |

If you have any concerns, please do not hesitate to contact us.

| | |
|---------------------|--|
| Signature of parent | |
|---------------------|--|

- ◎ Please bring at least 1 liter of water.
- ◎ Please bring your own towel to wipe sweat.

We would like to ask for your cooperation in the prevention of the spread of new coronavirus infectious diseases and the safe resumption of school activities.

Hyogo Rugby Football School

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| Checked by school | |
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