

## Self-check sheet for new coronavirus infection prevention

**To Parents & Coaches**

**In order to enjoy rugby safely, please inform of the health condition of yourself on the morning of the practice day.**

Date	
------	--

Name		School year in charge	
------	--	-----------------------------	--

Emergency contact	(Phone)	(email)
-------------------	---------	---------

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

- ① Are you currently diagnosed with a new coronavirus infection (COVID19)?  
 Yes  No
- ② Are you currently identified as a close contact with new coronavirus infection (COVID19)?  
 Yes  No
- ③ Have you experienced any of the following symptoms in the past 14 days?
- High fever (above 37.5°C)  Yes  No  
 Body temperature this morning (      °C)
  - Coughing continuously  Yes  No
  - Feeling difficulty breathing  Yes  No
  - Feeling loss of taste or smell  Yes  No
- ④ If you answered "Yes" to ③ above, please tell us.
- I have not seen a doctor.  Yes  No
  - The PCR test result was positive.  Yes  No

### Infection Preventive Measures

①	Wear a mask from departing home to getting home	Submit this self-check sheet before practice
②	Wash and disinfect hands before and after practice	Cooperate disinfect the training equipment and coach the students
③	Keep a distance	Keeping 1-2m distance (when changing clothes, gathering, warming up, cooling down, practicing)
④	Do not shout at close distance	Do not spit or expectorate on the ground
⑤	Do not shake hands, high-five and hug	Do not touch the student's body when coaching
⑥	Training to be done in unit of 10 people or less	The school will change the practice gradually to prevent infection
⑦	Avoid carpooling	Avoid carpooling with anyone other than your family or person living together
⑧	No eating or drinking in practice venue	

**◎ 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**

Checked by school	
-------------------	--