



## HEALTH SCREENING QUESTIONNAIRE FORM

This questionnaire must be completed by each individual prior to participation in each on-ice or off-ice activity.

This questionnaire may be completed verbally.

**Are you currently experiencing any of these issues? Call 911 if you are.**

1. Severe difficulty breathing (struggling for each breath, can only speak in single words)
2. Severe chest pain (constant tightness or crushing sensation)
3. Feeling confused or unsure of where you are
4. Losing consciousness

**If you are in any of the following at risk groups, we ask that you speak with your physician prior to participating.**

1. Getting treatment that compromises (weakens) your immune system (for example, chemotherapy, medication for transplants, corticosteroids, TNF inhibitors)
2. Having a condition that compromises (weakens) your immune system (for example, lupus, rheumatoid arthritis, immunodeficiency disorder)
3. Having a chronic (long-lasting) health condition (for example, diabetes, emphysema, asthma, heart condition, COPD)
4. Regularly going to a hospital or health care setting for a treatment (for example, dialysis, surgery, cancer treatment)

**The answer to all questions must be "No" in order to participate in any and all activity.**

1. Are you experiencing any of these symptoms?

Do you have a fever? (Feeling hot to the touch, a temperature of 37.8C or higher) Yes  No

Chills Yes  No

Cough that's new or worsening (continuous, more than usual) Yes  No

Barking cough, making a whistling noise when breathing (croup) Yes  No

Shortness of breath (out of breath, unable to breathe deeply) Yes  No

Sore throat Yes  No

Difficulty swallowing Yes  No



- Runny nose, sneezing or nasal congestion  
(not related to seasonal allergies or other known causes or conditions) Yes  No
- Lost sense of taste or smell Yes  No
- Pink eye (conjunctivitis) Yes  No
- Headache that's unusual or long lasting Yes  No
- Digestive issues (nausea/vomiting, diarrhea, stomach pain) Yes  No
- Extreme tiredness that is unusual (fatigue, lack of energy) Yes  No
- Falling down often Yes  No
- For young children and infants: sluggishness or lack of appetite Yes  No

**For the remaining questions, close physical contact means: Being less than 2 meters away in the same room, workspace, or area for over 15 minutes or living in the same home.**

2. In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19?

Yes  No

3. In the last 14 days, have you been in close physical contact with a person who either: Is currently sick with a new cough, fever, or difficulty breathing; OR Returned from outside of Canada in the last 2 weeks? (This does not include essential workers who cross the Canada-US border regularly.)

Yes  No

4. Have you travelled outside of Canada in the last 14 days? (This does not include essential workers who cross the Canada-US border regularly.)

Yes  No

If an individual has answered "Yes" to any of these questions, they are not permitted to participate in any on-ice or off-ice activities.

*Please note: This Health Screening questionnaire has been developed based on the Ontario Ministry of Health Self-Assessment Tool (June 17, 2020).*