**Self-Assessment for ST4WDC Club Trips**

For the safety of members and the general public the below questions are to be answered by all members participating on a club trip, and is to be sent to the Trip Leader no later than 3 days prior to the trip commencing**.**

**Note**: If you develop any cold/ flu like symptoms after providing this information you must notify the trip leader - even on the day of trip. Unfortunately, if anyone turns up on the day of the trip that is visually sick, they will be not be included on the trip. Participation is at the Trip Leader’s discretion.

**Name(s):**

**Trip:**

**Date:**

|  |  |  |  |
| --- | --- | --- | --- |
| **No.** | **Question** | **Yes** | **No** |
| **1** | Do you have any flu like symptoms now?  |  |  |
| **2** | Have you had the flu or flu like symptoms in the past 14 days? |  |  |
| **3** | Has anyone amongst your immediate contacts been confirmed with COVID-19? |  |  |
| **4** | Has anyone amongst your immediate contacts been instructed to self-isolate by the authorities? |  |  |
| **5** | Do you have any special needs that the Trip Leader should be made aware of? |  |  |
| **6** | Have you travelled to any region that has been under lockdown or considered a high risk area in the last 2 weeks |  |  |

If you answer “**yes**” to questions 1- 6, contact the Trip Leader **and do not** attend the trip unless advised by the Trip Leader that it is permissible to do so.

**Note:** Immediate contacts are people you may have been in close proximity with or at a gathering which they have attended in the past 14 days.

**Social distancing of 1.5 must be maintained whilst on the trip with the exception of family members.**