



Return to Training Questionnaire

Anyone wishing to attend face to face sessions held by any 'Caveman Conditioning Limited' must confirm the below – signatures can be replaced by an online acknowledgement.

Name:	Caveman Location
Date of assessment:	Coach name:

Please answer the following questions below & circle YES or NO (if completing a physical copy, if not please acknowledge all answers)

1.	<p>Please confirm if you have or have had symptoms or anybody in your household had symptoms of persistent coughing, shortness of breath, fever, high temperature?</p> <p>NO: Permitted to train at Caveman Conditioning</p> <p>YES:</p> <p>1) Have you self - isolated for 14 days and have no symptoms then it is acceptable for you to train</p> <p>2) If you have not self-isolated for 7 or 14 days but still have symptoms then you are not permitted to return to train and and the government guidance suggests you call NHS 111 & if confirmed symptoms then you are required to self isolate at home for 7 days & 14 days if in a shared household & stop isolating until you are symptom free .</p> <p>3) If you have symptoms for the first time then you are not permitted to train and the government guidance suggests you call NHS 111 & if confirmed symptoms then you are required to self isolate at home for 7 days & 14 days if in a shared household.</p>
2.	<p>Have YOU had CONFIRMATION that you have contracted Coronavirus?</p> <p>NO: Permitted to train at Caveman Conditioning</p> <p>YES: You are not permitted to train Trainee is required to self isolate at home for 7 days & 14 days if in a shared household.</p>
3.	<p>Has ANYBODY in your household had CONFIRMATION that they have contracted Coronavirus?</p> <p>NO: Permitted to train at Caveman Conditioning</p> <p>YES: You are not permitted to train unless have completed self isolation period</p>
4.	<p>Within the last 14 days do you believe that you or anybody in your household to be suspected case for having Coronavirus based on having symptoms of coughing, shortness of breath, fever, mild/moderate illness?</p> <p>NO: Permitted to train at Caveman Conditioning</p> <p>YES: You are not permitted to train trainee is required to self isolate at home for 7 days & 14 days if in a shared household.</p>

Trainee DECLARATION: I declare that I understand the questions and requirements outlined above, and my responses are true to the best of my knowledge. I will only return to training if the above questions are answered as 'NO'

Signature: (This may be replaced by acknowledgement on webpage.)

Date: