

# Weekly At-Home Self-Assessment

Arsenal Colorado will ask that every player take this weekly self-assessment as well as monitor any developing symptoms.

## Weekly Health Self-Assessment Checklist

This form is mandatory and to be completed on the day prior to the first practice of every new week. Should any issue or concern be raised by you/your parent please contact our Covid Coordinator. This document should be updated and kept throughout the entire season unless otherwise noted.

**If two or more of the symptoms are checked, it is your obligation to contact your health provider and the Arsenal Colorado Covid Coordinator for proper implementation of any necessary response plan.**

<b>Week (MM.DD)</b>														
<b>Fever (Above 100.3 degrees)</b>														
<b>Shortness of breath or difficulty breathing</b>														
<b>Cough</b>														
<b>Chills</b>														
<b>Muscle pain</b>														
<b>Headache</b>														
<b>Sore throat</b>														
<b>New loss of taste or smell</b>														
<b>Healthy to train?</b>														

This list may not include all possible symptoms. Call your medical provider for any symptoms that are severe or concerning to you. If at any time you begin to experience symptoms on days that a health self-assessment has not been completed, take an additional assessment and if more than two boxes are checked, you should not play and should contact your medical provider.