



COVID-19 Screening and Symptom Checklist of the Arizona Interscholastic Cycling League

In an effort to mitigate the risk of COVID-19 exposure, infection and spread, coaches should conduct a screening for all coaches and student-athletes participating at team and league activities.

PRE-ACTIVITY SCREENING

- All coaches and student-athletes should be screened for signs/symptoms of COVID-19 prior to the start of all team practices and events. Screening includes a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a coach or student-athlete develops COVID-19 (see sample Monitoring Form below).
- Any person with positive symptoms reported should not be allowed to take part in activities and should contact his or her primary care provider or other appropriate healthcare professional.
- Vulnerable individuals should not oversee or participate in any workouts

SYMPTOM CHECKLIST

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. The [CDC](#) will continue to update the list as it learns more about COVID-19.

Coaches and student-athletes who experience any of these symptoms may not participate at in-person activities until they are symptom-free for 14 days or have tested negative for COVID-19. Coaches and student-athletes should not take part in team activities for 14 days if exposed to an individual who has a confirmed case of COVID-19.

Coaches and student-athletes should notify the league if they test positive for COVID-19 after participating in an event.

COVID-19 Student-Athlete/Coach Monitoring Form

Name	Time	Circle Yes/No below										Temp (if higher than 100.3°F)
		Fever		Cough		Sore Throat		Shortness of Breath		Close contact, or cared for someone with COVID-19		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	