COVID-19 Symptom Check

U.S. Ski & Snowboard recognizes that COVID-19 has impacted different parts of the country in different ways and with different timing. Since COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact and can lead to severe illness and death, before making plans to return to on-snow or sport-specific (ie. water ramps and airbags) group training, we recommend you familiarize yourself with local, state and federal public health orders, as well as the USOPC's return to training considerations and the CDC's considerations for youth sports.

U.S. Ski & Snowboard COVID-19 mitigation documents are not all encompassing and while they provide guidance for a wide range of scenarios, they do not account for every variable. Until a vaccine or other therapeutics are widely available, there will be an underlying, inherent risk of COVID-19 exposure and contraction when leaving the confines of one's home. Preventative measures cannot guarantee that you will not become infected with COVID-19.

Symptom/Temperature Questions

During training, athletes and staff should monitor for COVID-19 symptoms twice daily. Below is an example of information to collect and monitor.

Anyone indicating experiencing COVID-19 symptoms should immediately be instructed to call the local COVID-19 hotline for testing instructions, or contact their personal health care provider, and club protocol should be followed to follow up with them.

- ❏ Name
- ❏ Email
- ❏ Phone
- ❏ Have you experienced any COVID-19 symptoms in the last 24hrs (e.g. cough, shortness of breath, fever, chills, muscle pain, headache, sore throat, new loss of taste of smell, vomiting, nausea, diarrhea)?
  - ❏ If Yes - Please select all symptoms experienced
    - ❏ cough
    - ❏ shortness of breath
    - ❏ fever
    - ❏ chills
    - ❏ muscle pain
    - ❏ headache
    - ❏ sore throat
    - ❏ new loss of taste of smell
    - ❏ diarrhea
    - ❏ nausea
    - ❏ vomiting
    - ❏ other: _____
- ❏ Please record your temperature