

AUSKF COVID-19 QUESTIONNAIRE

The safety of our members, families and visitors are our top priority. As the coronavirus disease (COVID-19) outbreak continues, the AUSKF board will monitor the situation closely and will periodically update our guideline based on current recommendations from the CDC, the WHO, the Federal and State Governments, etc. To prevent the spread of COVID-19 and reduce the potential risk of exposure to our members, families and visitors, we are requiring a simple screening questionnaire **BEFORE YOU MAY ENTER THE DOJO**. Your participation is important to help us take precautionary measures to protect you and everyone within the facility. We appreciate your cooperation.

NAME(S) OF PERSON(S) ENTERING DOJO (PRINT) 1) _____ 2) _____	PHONE NUMBERS Home: _____ Mobile: _____ Email: _____
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SELF-DECLARATION BY participants and visitors

1. Do you have fever (>100.4F), or feel feverish / chill?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Do you have cough?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Do you have sore throat?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Do you have shortness of breath?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Do you have muscle pains?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Do you have headache?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Do you have loss of smell or taste?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Do you have nausea, vomiting, or diarrhea?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9. Do you feel any different from usual state of health?	<input type="checkbox"/> Yes <input type="checkbox"/> No
10. Have you been diagnosed with COVID-19	<input type="checkbox"/> Yes <input type="checkbox"/> No
11. Have you been in close contact with someone diagnosed with COVID-19 or someone with suspicious symptoms described in 1-9 within the last 14 days?	<input type="checkbox"/> Yes <input type="checkbox"/> No
12. Have you or anyone close to you have traveled to regions or countries with COVID-19 major outbreak within the last 14 days?	<input type="checkbox"/> Yes <input type="checkbox"/> No

A yes answer to any of the above questions may result in the visitor being denied access to the dojo.

The participants and visitors are to follow the guidelines below.

1. Cover your mouth and nose using mask and/or shield. Change your mask before it is soaked.
2. Keep 6 feet away from each other.
3. Avoid facing each other at close distance.
4. Avoid body contact with each other.
5. Wash / sanitize your hands and feet frequently. At least before and after the class.
6. Avoid using locker room and/or restrooms while you cannot keep 6 feet away from each other. Use alcohol spray / wipe to sanitize door knobs, faucet handles, etc. Change your clothe at home.
7. Clean/ wash your equipment after each class. Clan/ sanitize the floor, table tops, door knobs, etc. before and after the each class.
8. Do not share equipment. (shinai, Bokuto, Iai sword, Jo, Bogu, tenugi, etc.)
9. Do not touch your face without washing / sanitizing your hands.
10. Avoid making loud voice. Minimize conversation at close distance.
11. Take breaks to avoid heat exhaustion. Bring your own water/ drinks, and do not share.

I have read and fully understood the guideline above.

Privacy Statement: The information contained on this document will be used by AUSKF member dojo, member federation, and AUSKF only and will not be shared with third parties. AUSKF dojo staff may make notes on the reverse side of this document.

Signature of Visitor: _____ Date: _____

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