

## APPENDIX F

### CHILDREN AND YOUTH HEALTH SCREENING QUESTIONNAIRE UPDATED MARCH 1, 2021

As of **February 27**, the Ontario Government made a few updates to their testing guidelines for children attending school. These guidelines are the basis for the OVA's athlete Daily Health Screening Questionnaire. Their guidelines continue to evolve as they learn more about COVID-19, how it spreads, and how it affects children and adults in different ways.

This Daily Health Screening document is based on Version **4.0** as published on the Government of Ontario's website, as of **February 27, 2021**. Please pay particular attention to the "Results of the Screening Questions" section.

Answer the following questions to help you decide if you should or should not go to your Club or OVA activity today.

Children and youth must screen for COVID-19 every day before going to Club or OVA activities. Parents/guardians can fill this out on behalf of a child.

Name: \_\_\_\_\_

Date (mm-dd-yyyy): \_\_\_\_\_

### Screening Questions

- 1. In the last 14 days, has the athlete/child or anyone they live with travelled outside of Canada?** *If exempt from quarantine requirements (for example, an essential worker who crosses the Canada-US border regularly for work), select "No."*  
Yes/No
- 2. Has a doctor, health care provider, or public health unit told you that the athlete/child should currently be isolating (staying at home)?** *This can be because of an outbreak or contact tracing.*  
Yes/No
- 3. In the last 14 days, has the athlete/child been identified as a "close contact" of someone who currently has COVID-19?**  
Yes/No
- 4. In the last 14 days, has the athlete/child received a COVID Alert exposure notification on their cell phone?** *If they already went for a test and got a negative result, select "No."*

Yes/No

**5. Is the athlete/child currently experiencing any of these symptoms?**

*Choose any/all that are new, worsening, and not related to other known causes or conditions they already have.*

<b>Fever and/or chills</b> Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher	Yes	No
<b>Cough or barking cough (croup)</b> Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, or other known causes or conditions they already have)	Yes	No
<b>Shortness of breath</b> Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions they already have)	Yes	No
<b>Decrease or loss of smell or taste</b> Not related to seasonal allergies, neurological disorders, or other known causes or conditions they already have	Yes	No
<b>Sore throat or difficulty swallowing</b> Painful swallowing (not related to seasonal allergies, acid reflux, or other known causes or conditions they already have)	Yes	No
<b>Runny or stuffy/congested nose</b> Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions they already have	Yes	No
<b>Headache</b> Unusual, long-lasting (not related to tension-type headaches, chronic migraines, or other known causes or conditions they already have)	Yes	No
<b>Nausea, vomiting and/or diarrhea</b> Not related to irritable bowel syndrome, anxiety, menstrual cramps, or other known causes or conditions they already have	Yes	No
<b>Extreme tiredness or muscle aches</b> Unusual, fatigue, lack of energy, poor feeding in infants (not related to depression, insomnia, thyroid dysfunction, sudden injury, or other known causes or conditions they already have)	Yes	No

**6. Is someone that the athlete/child lives with currently experiencing any new COVID-19 symptoms and/or waiting for test results after experiencing symptoms?**

Yes/No

**Results of Screening Questions**

**If you answered “YES” to question 1 or 3 do not go to OVA or Club activities.**

- The athlete/child must self-isolate (stay home) for 14 days and not leave except to get tested or for a medical emergency.
- If you answered “YES” to question 1, follow the advice of public health. The athlete/child can return to OVA or Club activities after they are cleared by your local public health unit.
  - Siblings or other people in your household must self-isolate (stay home) for 14 days.
- If you answered “YES” to question 3, talk with a doctor/health care provider to get advice or an assessment, including if they need a COVID-19 test. The athlete/child can return to OVA or Club activities after 14 days, even if they get a negative test result.
  - Please contact your Local Public Health Unit on what other members of your household are permitted to do.
- If they develop symptoms or test positive, contact your local public health unit or doctor/health care provider for more advice.
- Contact your Club or the OVA to let them know about this result.

**If you answered “YES” to question 2 do not go to OVA or Club activities.**

- The athlete/child must self-isolate (stay home) and not leave except for a medical emergency.
- Follow the advice of public health. The athlete/child can return to OVA or Club activities after they are cleared by your local public health unit.
- If they develop symptoms, contact your local public health unit or doctor/health care provider for more advice.
- Please contact your Local Public Health Unit on what other members of your household are permitted to do.
- Contact your Club or the OVA to let them know about this result.

**If you answered “YES” to question 4 do not go to OVA or Club activities.**

- The athlete/child must self-isolate (stay home) and not leave except for a medical emergency.
- Visit an assessment centre to get them a COVID-19 test.
  - If they test negative (they do not have the virus), they can return to OVA or Club activities.
  - If they test positive (they have the virus), they can return only after they are cleared by your local public health unit.

- If they develop symptoms, contact your local public health unit or doctor/health care provider for more advice.
- Please contact your Local Public Health Unit on what other members of your household are permitted to do.
- Contact your Club or the OVA to let them know about this result

**If you answered “YES” to any of the symptoms included under question 5 or question 6 do not go to OVA or Club activities.**

- The athlete/child must isolate (stay home) and not leave except to get tested or for a medical emergency.
- If you answered “YES” to question 5, talk with a doctor/health care provider to get advice or an assessment, including if the athlete/child needs a COVID-19 test.
- If you answered “YES” to question 6, the athlete/child can return to OVA or Club activities after the individual gets a negative COVID-19 test result, or is cleared by your local public health unit, or is diagnosed with another illness.
- Siblings or other people in your household must stay at home until the athlete/child showing symptoms tests negative, or is cleared by your public health unit, or is diagnosed with another illness.
- Contact your Club or the OVA to let them know about this result.

**If you answered “NO” to all questions, your child may go to Club or OVA activities because they seem to be healthy and have not been exposed to COVID-19. Follow your Clubs and the OVA’s established process for letting the Club staff or OVA staff know about this result (if applicable).**