



COVID-19 Self Assessment Protocol

Before each session, participants must complete the COVID-19 Self Assessment.

IF YOU HAVE EITHER ONE OF THE FOLLOWING SYMPTOMS OR FULFIL THE CRITERIA OF ANY POINT BELOW, YOU MUST NOT ATTEND:

- A high temperature (37.8°C or higher)**
- A new continuous cough**
- Shortness of breath**
- Sore throat**
- A loss of, or change to sense of taste or smell**
- Feeling generally unwell**
- Persistent tiredness**
- Been in close contact with/living with someone who is suspected of having COVID-19 or has tested positive for COVID-19.**

Please ensure that you complete the COVID-19 Self Assessment prior to each session. Thank you for your support!

