

18 Jun 20

**AOA COVID-19 HEALTH SCREENING QUESTIONNAIRE**

This questionnaire is designed as a screening tool to give you, your chain of command and the Army Orienteering Association (AOA) guidance about your fitness to participate in orienteering as a component of Individual Military Training (IMT). Or as a civilian whether you should participate. You are obliged to complete this screening questionnaire, although you may decide not to share the details of your answers. However, this will assist you with determining your level of risk and that of others.

Under the Health and Safety at Work Act 1974 the Army, as your employer [delivery agent], has a duty of care to keep you and those around you safe and healthy wherever possible, which is why you are being asked the following health questions. Under the same Act, you have a responsibility as an employee [or participant] to be truthful in your answers in order to avoid placing yourself and others at unnecessary risk.

Service Number: \_\_\_\_\_ Rank: \_\_\_\_\_  
 Name: \_\_\_\_\_ Unit: \_\_\_\_\_

I consent to the use of the information, if requested below is used to determine safe participation in AOA sponsored orienteering activity when conducted as IMT; supplementary occupational health advice may be sought in some instances to support safe assessment. I understand the importance of providing full and accurate responses to enable safe occupational decisions. General Data Protection Act 2018 principles will apply throughout.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Occupational Health Questions</b>	<b>Yes</b>	<b>No</b>
Do you have any of the conditions at List A overleaf?		
Do you have any of the conditions at List B overleaf?		
Have you ever had, or do you currently have, any other health condition not mentioned above that places you at greater risk?		
Are you in a clinically vulnerable group; i.e. those over 70 yrs?		
Are you classified as extremely vulnerable on health grounds?		

<b>Answer:</b>	<b>Decision:</b>
Yes	If your answer in any of the above boxes is 'yes' you <b>should</b> declare yourself unfit to participate in Army orienteering and not travel to the activity.
No	If your answer is 'no' you could decide that your risk to COVID-19 is low and you could therefore decide to participate in Army orienteering.

<b>COVID-19 infection and contact</b>	<b>Yes</b>	<b>No</b>
In the last seven days, have you had a new persistent cough or high temperature (37.8° C or higher)?		
In the last <b>42 days (six weeks)</b> , have you had a new persistent cough or high temperature (37.8° C or higher)?		
In the last fourteen days, has any member of your household had a new persistent cough or high temperature (37.8° C or higher)?		
In the last fourteen days, have you had contact with anyone who has been confirmed to have COVID-19?		
Do you currently live with anyone who has been advised to undertake 'shielding' from COVID-19?		

<b>Answer:</b>	<b>Decision:</b>
Yes	If your answer in any of the above boxes is 'yes' you <b>must</b> declare yourself unfit to participate in Army orienteering and not travel to the activity.
No	If your answer is 'no' you could decide that your risk to COVID-19 is low and you could therefore decide to participate in Army orienteering.

<b>COVID additional 'risk' conditions</b>	
<b>List A</b>	<b>List B</b>
<ul style="list-style-type: none"> <li>• At high risk of flu (you have been told by a health care professional to have an annual flu vaccination on medical grounds) – this excludes work-related reasons, such as health care workers</li> <li>• Long term (chronic) problems with your lungs, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis</li> <li>• Chronic heart conditions, such as heart failure</li> <li>• Chronic kidney disease</li> <li>• Diabetes</li> <li>• Spleen disease (including sickle cell disease), injury, removal or reduced function (impairment)</li> <li>• Weakened immune system due to medication (including steroid (prednisone) tablets), immunosuppressants, or conditions such as HIV / AIDS.</li> <li>• Receiving chemotherapy or radiotherapy treatment</li> <li>• Seriously overweight (Body Mass Index (BMI) 40 or higher)</li> <li>• Pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>• HIV</li> <li>• Chronic liver disease, such as hepatitis</li> <li>• Rheumatology also disease, such as rheumatoid arthritis, psoriatic arthritis or ankylosing spondylitis. This does NOT include osteoarthritis (arthritis due to 'wear and tear')</li> <li>• Cancer of the blood or bone marrow, such as leukaemia or lymphoma, in the last five years.</li> </ul>