

Before leaving the house to participate in basketball, please check you:

- Do not have symptoms of a high temperature (feeling hot, feeling cold, shivers, feeling under the weather,).
- Do not have a new persistent cough.
- You have not got a loss of taste or smell.
- You have not been in contact with a person with suspected COVID-19 within the past 48 hours. You have not been advised to self-isolate due to a third party from another setting (i.e. school) that has been infected with COVID-19.
- No-one within your household has COVID-19 symptoms as outlined above, which would require the whole household to go into isolation as guided by Government.
- Individuals must **not** attend a basketball session if any of the above are true.

Covid-19 Personal and Household Risk Information

This information sheet aims to inform you of those who are most at risk should they contract COVID-19. You should identify whether you or a member of your household is at higher risk. If you are, please discuss the risk of returning to basketball with your GP and your Club COVID-19 Compliance Officer to make an informed decision as to whether returning to group basketball is appropriate and safe for you and your family. While research around risk is ongoing, we simply hope to inform you so you can make the right decision for you and your household.

If any of the following statements apply to you or a household member, then this means that either you or a household members risk is increased. If it applies to a household member then you need to discuss it with your GP and the household member to make a decision on if a return to basketball is appropriate in a group setting, as it is possible to pass on the virus to a more vulnerable individual.

This is a non-exhaustive list and is for guide purposes.

Statements apply to YOU or your HOUSEHOLD
Had a solid organ transplant
Undergoing treatment currently or in last 6 months for any cancer
Currently taking or in the last 6 months have taken immunosuppressant medication
Have a respiratory condition including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary (COPD)
Have any rare diseases or inborn errors of metabolism that significantly increase the risk of infections (such as Severe Combined Immunodeficiency (SCID), homozygous sickle cell)
Pregnant, Aged 70 or older
Have one or more of the underlying health conditions listed below:
Chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
Chronic heart disease, such as heart failure
Chronic kidney disease
Chronic liver disease, such as hepatitis
Chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
Diabetes
A weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets
Being seriously overweight (a body mass index (BMI) of 40 or above)
Are you providing caring responsibilities for anyone meeting any of the above criteria?

Should any of the above statements apply to you or your household, please notify your COVID officer and speak to your GP to allow you to make an informed decision that protects you and your household.