

Sailor's Name: _____



OHYS Daily Screening Questions

(Required by Island County as part of WA State for youth day camps operating in Summer 2020)

Each sailor must complete the checklist below **before coming to class** (this includes taking sailor's temperature at home). Please come to the first day of class with the first 4 days of temperature completed and the bottom of the form signed.

Parents or guardians must ask their sailor the following questions each day:

1. Does your sailor have any of the following symptoms?

- A cough
- Shortness of breath or difficulty breathing
- A fever of 100.4°F or higher:

Please take temperature for each day, and record here:

	3 days prior	2 days prior	1 day prior	Day 1	Day 2	Day 3	Day 4	Day 5
Temperature								
Parent Initial								

- A sore throat
- Chills
- New loss of taste or smell
- Muscle or body aches
- Nausea/vomiting/diarrhea
- Congestion/running nose – not related to seasonal allergies
- Unusual fatigue

2. Does anyone in your household have any of the above symptoms?

3. Has your sailor been exposed to anyone with suspected or confirmed COVID-19?

4. Has your sailor had any medication to reduce a fever before coming to class?

If the answer to any of the above questions is “yes,” the sailor may not attend class and a partial refund/credit will be given.

By signing below, I verify the above information is true and accurate:

Parent/Guardian Signature _____ Date _____

Parent/Guardian Printed name _____

See back for key rules to have a safe and successful class

Key COVID-19 Safety for OHYS Summer Sailing Classes 2020

Wash hands with soap and water or 70% alcohol hand sanitizer

At the beginning of class, at transitions, and at end of class

Wear a cloth face covering

On shore, on the docks, in the bathrooms, and any other time you and another person are within 6 ft from each other

Walk 6 ft apart from others on the docks when possible

Stay home if the sailor, a family member, or someone they recently have been in contact with would not pass the questionnaire

Avoid sharing sunscreen, gear, snacks, or water bottles with people outside their household

Boats and lines for knot practice will be assigned to sailors at the beginning of the week, and sailors will continue to use their assigned boat, its related gear, and practice line for the duration of the class

Frequent touch points will be cleaned with disinfectant at the end of each day of class

Please remember:

- Eat a hearty lunch before coming to class - we will not have a lunch break but will have snack breaks
- Bring a Coast Guard certified Type III life jacket each day with a whistle attached
- Wear closed-toe shoes at all times
- Bring a personal water bottle and snack
- Apply sunscreen before class, and bring personal sunscreen for re-applying
- Towel and change of clothes just in case
- A swimsuit on the first day for the swim and capsize test
- Hat and sunglasses (optional)