

Covid-19: DMUsport Pre-activity checklist

PERSONAL AND HOUSEHOLD RISK INFORMATION

The information on this sheet aims to support you and others, 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 this is the case, please discuss the risk of returning to group sport / physical activity with your GP and DMUsport/DMUactive to make an informed decision as to whether returning is appropriate and safe.

While research around risk is ongoing, we simply hope to support 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 member's risk is increased. If it applies to a household member then you need to discuss it with your GP and the household member to decide whether a return to sport / physical activity is appropriate in a group setting, as it could be possible to pass on the virus to a more vulnerable individual(s).

Considerations for you and your household members:-

- Have had a solid organ transplant
- Are currently or in last 6 months have undergone treatment for cancer
- Are currently taking or in the last 6 months has taken immunosuppressant medication
- Have a respiratory condition including all cystic fibrosis, **severe** asthma and severe chronic obstructive pulmonary disease (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)
- Are pregnant
- Are aged 70 or older
- Have or are providing caring responsibilities for anyone meeting 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)

Should any of the above statements apply to you or your household, please speak to your GP and DMUsport/DMUactive to make an informed decision that protects you and those around you.