



ROC CITY SAILING
2050 Bay Shore Blvd.
Rochester, New York 14622

PARTICIPANT AND INSTRUCTOR PRE-LESSON HEALTH & COVID-19 SCREENING FORM

RCS Health and Safety Protocols

- Stay home if you feel ill or have any Flu or COVID-19 related symptoms
- Wash hands or use hand sanitizer before and after your lesson
- Practice social distancing (keep minimum 6 feet from others)
- Wear face masks / coverings while on shore and in the clubhouse

SCREENING QUESTION	PARTICIPANT	INSTRUCTOR
Do you have or have you had a fever in the last 14 days?	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO
Do you have any COVID-19 or flu-like symptoms?	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO
Have you had contact in the last 14 days with anyone confirmed to have COVID-19?	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO
Have you travelled outside of Upstate NY in the past 14 days?	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO
Is your current temperature reading higher than 100 degF?	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO

If any of the answers to these questions is "YES", further discussion between instructor and participant is required including consideration to reschedule the planned sailing lesson or activity.