



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

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## **PARTICIPANT AND INSTRUCTOR PRE-LESSON/ACTIVITY HEALTH & COVID-19 SCREENING FORM AND PROTOCOLS**

### **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) when possible
- Unless you are fully vaccinated for COVID-19, Wear a face mask while on shore and in the clubhouse
- Unless you are fully vaccinated for COVID-19, Wear a face mask while on a boat with one or more other people
- RCS Instructors and Volunteers with or without COVID-19 vaccination are required to follow non-vaccinated mask protocols if any of the lesson participants are not vaccinated.

<b>SCREENING QUESTION</b>	<b>PARTICIPANT</b>	<b>INSTRUCTOR</b>
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 New York State 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.