



SASKATOON CONCERT BAND

Pre-Rehearsal COVID-19 Self-monitoring Checklist Information

The board has undertaken certain measures at the band hall to mitigate the transmission of COVID-19. It must be stressed, however, that **COVID-19 can only be transmitted at the hall if it is brought in by an infected person**. We know that none of our members would deliberately put others at risk; so, it is critical that our members self-monitor and keep a record of their health.

Immediately before attending a rehearsal, all band members must complete the Pre-Rehearsal COVID-19 Self-monitoring Checklist. A member's attendance at a rehearsal will signify that the member is not prevented from attending the rehearsal for any reason identified on the Checklist or for any other reason relating to the possible transmission of COVID-19.

- Everyone needs to self-monitor; it means paying attention to your health in order to identify signs of illness.
- It is important to know the symptoms of COVID-19 and to take the necessary steps if exhibiting symptoms.
- When band members return from inter-provincial travel, they must self-monitor and self-isolate at the first sign of symptoms, no matter how mild. If returning from international travel, it is mandatory to go into self-isolation for 14 days.
- **If you have symptoms, please call the Government of Saskatchewan Healthline 811 and follow their advice.**
- Consider installing the COVID-19 app on your smartphone.

If a band member has come into contact with someone who has tested positive for COVID-19, they are to follow all advice from the Saskatchewan Health Authority. It would be useful to check the list of affected businesses on the ["Latest Updates" page on the Government of Saskatchewan COVID-19 website](#) or the daily list in the Star-Phoenix to monitor the places you have been.

This form serves as a personal health checklist to monitor for the development of COVID-19 symptoms in order to prevent its spread. When the form is full, print a new one and continue to monitor your health. Although not required to be submitted, this form must be kept for the duration of the COVID-19 pandemic. The board may request that you provide your form.

Symptoms not allergies

This form is meant to screen for new symptoms, or a worsening of long-standing symptoms, **not** seasonal or environmental allergies.

Please record on the checklist:

- new or worsening respiratory symptoms (e.g., cough, shortness of breath or difficulty breathing, runny nose, sneezing, nasal congestion, sore throat, hoarse voice, or difficulty swallowing).
- Any new onset of atypical symptoms including but not limited to chills, muscle aches, diarrhea, malaise, fatigue, loss of sense of smell or taste.

Remember to notify your conductor if you will be absent from a rehearsal, whether COVID-19 related or not.

*This form is based on one developed by the University of Saskatchewan and adapted for the use of the Saskatoon Concert Band.
It is based on information available from local, provincial and national agencies.*



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Pre-Rehearsal COVID-19 Self-monitoring Checklist

Name: _____

Year	2021																		
Day/Month																			
General	Checkmark any that apply. Do not attend rehearsal if any are checked. Make sure you let your conductor know.																		
International Travel within previous 14 days																			
Close contact with an individual with COVID-19																			
Symptoms	Before each rehearsal, check for the symptoms listed below (before leaving home) and checkmark those that apply. Check "No Symptoms" if it applies. Do not checkmark for allergies; we aren't screening for those.																		
No symptoms																			
Fever \geq 38.7 C																			
Cough																			
Shortness of breath/ difficulty breathing																			
SoreThroat																			
Runny Nose																			
Chills																			
Aches and Pains																			
Headache																			
Loss of sense of smell or taste																			
Other																			

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