

HEALTH SCREENING TOOL
Appendix 4: Paddlesports During the Age of COVID-19
May 22, 2020

Introduction

The purpose of this document is to present a set of suggested paddlecraft practices, based on currently available information. This document presents an example of a “Health Screening Tool.” This tool is provided to assist paddling instructors and event organizers and does not replace guidance from federal (e.g., CDC), state, and local authorities (e.g., health departments). In certain cases, it also may be advisable to check with your health care provider, attorney, insurance representative, and other appropriate experts. Local risk will depend on numerous factors. Individual instructors and event organizers are responsible for appropriate risk assessment and risk management.

Although we have provided a sample format and questions, paddling instructors and event organizers should feel free to modify, adapt, and use this tool, as they see fit. There are, at least, two potential uses for health screening:

1. For screening purposes (e.g., to protect *the group* from someone who has been diagnosed with, or has the signs/symptoms of, COVID-19).
2. For risk management for *individual paddlers*. The basic idea is that, if someone has a medical condition which may predispose them to having a worse outcome with COVID-19 (for example, asthma, chronic lung disease, etc.), the event organizer can inform them that they may be at an above average level of risk. Note that this is not for *exclusionary purposes*, but rather for counseling purposes, or to potentially influence choices related to venue, skills training, exercises, and so forth.

It should be noted that there are some potential complexities in using a Health Screening Tool. For example:

- CDC specifications are continually evolving and should be checked to ensure that the tool that you are using is up to date.
- A number of the signs and symptoms listed on the CDC website are highly non-specific (e.g., there are numerous causes for a headache). However, certain of these items, especially when taken in combination, may be more specific and suggestive of COVID-19. *If you have any uncertainties regarding the significance of these criteria, you should consult a health care provider.*
- There is no uniformly accepted definition for a “hot spot.”
- *It is critical to remember that a significant percentage of people who are infected with COVID-19 may be asymptomatic (and thus not identified through “health screening”). These individuals may be capable of transmitting the disease. Thus, use of this sort of a tool does not guarantee protection against COVID-19.*

CDC Listed Signs and Symptoms of COVID-19 (may be used for inclusion/exclusion criteria)

NOTE that the CDC list changes periodically, so event organizers should check this list and update as needed. (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)

- Does the person have a fever (temperature greater than 100°F (37.8°C))? Note that this could be measured, at the event, by a non-contact (infrared) thermometer. The person checking temperatures should be wearing PPE, including a surgical mask (or N95 respirator, if it has been fit tested, they have been trained to use it, and there are no precluding medical conditions), eye protection, and gloves. The individual being screened should be asked if they have taken any medications which might lower their temperature (aspirin, Tylenol (acetaminophen), and NSAIDs such as Motrin and Advil).

Additionally, participants should be asked the following:

- Does the person have a cough (ask them and listen to them)?
- Does the person have shortness of breath (ask them and observe them)?
- Has the person had chills (ask them)?
- Has the person had repeated shaking with chills (ask them)?
- Does the person have muscle pain (ask them)?
- Does the person have a headache (ask them)?
- Does the person have a sore throat (ask them and listen to them speak)?
- Does the person have a new loss of taste or smell (ask them)?

Additional Potential Inclusion/Exclusion Criteria

- Is the person currently subject to COVID-19 isolation?
- Is the person currently subject to COVID-19 quarantine?
- Has the person recently (within the past two weeks) been exposed to someone who they know has COVID-19?
- Has the person been in a COVID-19 “hot spot” within the past two weeks?
- Has the person been diagnosed with COVID-19 (e.g., by an antigen test, or by a healthcare provider)? If so, do they meet current federal and state criteria regarding return to work?

CDC Listed Risk Factors for Higher Risk of a Bad Outcome *(for counseling potential participants and/or adjusting venue, skills training, and exercises). NOTE: the CDC list changes periodically, so event organizers should check this list and update as needed.*

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html>

- Asthma
- Chronic lung disease
- Diabetes
- Serious heart conditions
- Chronic kidney disease being treated with dialysis
- Severe obesity

- People aged 65 and over
- People in nursing homes or long term care facilities
- Immunocompromised
- Liver disease
- Etc.

Additional Health Screening Questions

- What is your date of birth?
- What is your height?
- What is your weight?
- What prescription medications are you taking?
- What non-prescription medications are you taking (e.g., Tylenol, Motrin, etc.)?
- Do you have any form of cancer?
- If so, what type?

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