- Athletes should answer the questions below before being allowed to workout. If the answer is yes to any of the questions below, the athlete should not participate in any workouts for a 14-day period.
 - O Do you or have you had a fever in the last week?
 - Have you been diagnosed with COVID 19?
 - Have you been in contact with anyone diagnosed with COVID 19?
 - O Have you traveled to a "hot spot" for COVID 19?