

## ALL VOLUNTEERS MUST COMPLETE THIS QUESTIONNAIRE BEFORE ENTERING PARK DISTRICT BUILDINGS

**Please look over the following three questions and record your answers on the Volunteer Sign In Sheet**

1. Within the last 10 days have you been **diagnosed with COVID-19** or had a test confirming you have the virus?
2. Do you live in the same household with, or have you **had close contact** (<6 feet for >15 minutes) in the past 14 days with someone who has been in isolation for COVID-19 or had a test confirming they have the virus?
3. Have you had any one or more of these **symptoms** today or within the past 24 hours, which is new or not explained by a reason other than possibly having COVID-19?
  - Fever  $\geq 100.4^{\circ}$ \*
  - Chills or Repeated Shaking/Shivering
  - Cough
  - Sore Throat
  - Shortness of Breath, Difficulty Breathing
  - Feeling Unusually Weak or Fatigued
  - Loss of Taste or Smell
  - Muscle pain
  - Headache
  - Runny or congested nose
  - Diarrhea
  - Nausea and vomiting

\*Temperature must be taken within 1 hour prior to building entry using personal or District-provided thermometer.

**If you answer YES to any of these questions, follow the Park District's Exposures Protocols: Leave the area, contact your healthcare professional and alert the staff member on duty.**

# COVID-19 Volunteer Entry Self-Assessment Quiz

Please circle/select the correct answer for each question.

- 1) Volunteers must follow the same COVID-19 screening protocol requirements that Park District employees follow:
  - a. During their first week returning to volunteering
  - b. Each time they enter a park location/volunteer site
  - c. On the first day they return to volunteer only
  - d. Never – it's not required for volunteers
  
- 2) Temperatures gauges are available on site for all EBRPD employees and volunteers to use prior to the start of their shift as part of COVID-19 screening requirements. You may take your temperature at home before reporting on site if it's within \_\_\_\_\_ of your start time:
  - a. 30 minutes
  - b. 3 hours
  - c. 15 minutes
  - d. 1 hour
  
- 3) Temperatures that read or exceed \_\_\_\_\_ indicates a fever, which can be a symptom of COVID-19. If your temperature is this high, do not report to your volunteer shift at all or if you're already on site, go home immediately.
  - a. 100.4 degrees
  - b. 102 degrees
  - c. 99.9 degrees
  - d. Anything above 100 degrees
  
- 4) Which is **not** a preventative measure that can help reduce COVID-19 exposures:
  - a. Frequent handwashing and use of a hand sanitizing agent when handwashing is not an immediately available option
  - b. Face coverings
  - c. Steel toe boots
  - d. Maintaining a social distance of at least 6 feet or more from others

## ACKNOWLEDGMENT

By signing below, I acknowledge receipt of the East Bay Regional Park District's COVID-19 Prevention Program, building/site entry protocols, and understand the self-screening requirements that I must follow as a volunteer for the East Bay Regional Park District.

---

Print Name

Signature

Date