

Dark & White Event COVID-19 Health Assessment

If you were hospitalised due to COVID-19, you should undergo a form of health screening prior to taking part in a competition. This screening is best led by a doctor with specialist training in sports medicine. However other doctors may feel competent to make decisions on your fitness to compete and to decide any appropriate investigations that might be required.

If you were not hospitalised due to COVID-19, but self-isolated having shown symptoms at any time, you are also recommended to undergo a form of screening.

If you have felt entirely well during the pandemic, you are not routinely recommended to undergo health screening, but it is something to be considered as part of your normal health monitoring for the health-conscious competitor. Your GP should be able to guide you on what level of screening you may require, and who is the best person to assist you in the process.

Individuals who fall into the 'vulnerable' or 'clinically extremely vulnerable' must assess their own risk in association with attending any events and follow government guidance in this area. Individuals who are not themselves 'vulnerable' or 'clinically extremely vulnerable' but are in contact with individuals in these descriptions should make a personally informed decision about attending any event.