



MIST Health Checklist

All participants in all 2020 tournaments must complete this checklist. Print it out and bring it with you to registration. Initial each line and sign at the bottom.

____ I am not currently sick or have a fever.

____ I have not been sick or have had a fever in the last 14 days.

____ I have not traveled to [any listed Level 3 nation](#) in the last 14 days.

____ I am not at a [higher risk of serious illness](#) due to chronic medical conditions.

____ I will follow the “no physical contact” rule. I will not shake hands or hug other people.

Participant Signature

Participant Name

Date

Parent Signature*

Parent Name

Date

*required if participant is under the age of 18