IPMBA
International Police Mountain Bike Association

COVID-19 Monitoring Form

Participants must record their temperatures and check the applicable box (X) regarding these symptoms.

Notify an instructor if you have a temperature of 100.4 F /38 C or higher or have experienced any of these symptoms in the past 12 hours or if you have reason to believe you may have been exposed to someone with COVID-19.

DATE	NAME	TIME	TEMP	COUGH		SORE THROAT		SHORT OF BREATH	
				YES	NO	YES	NO	YES	NO