

# Metrifit – COVID-19 monitoring



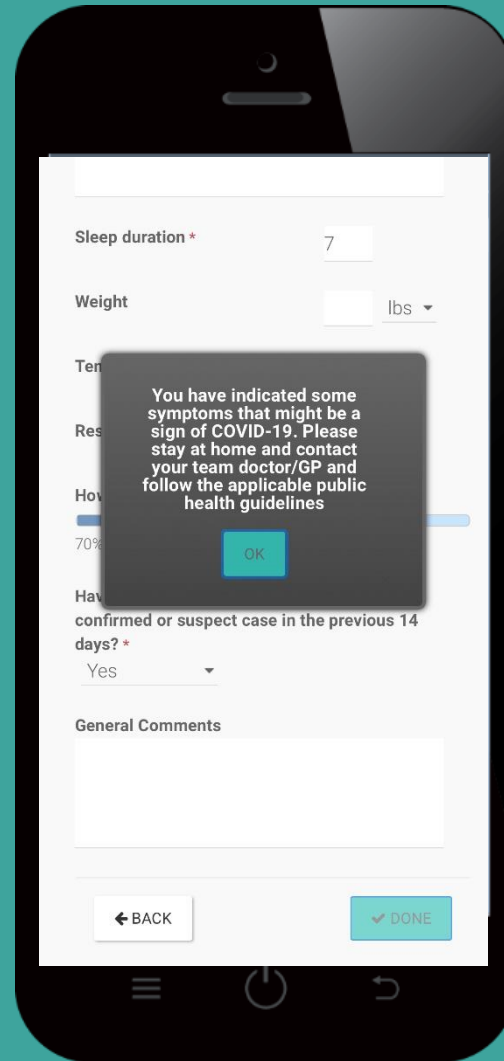
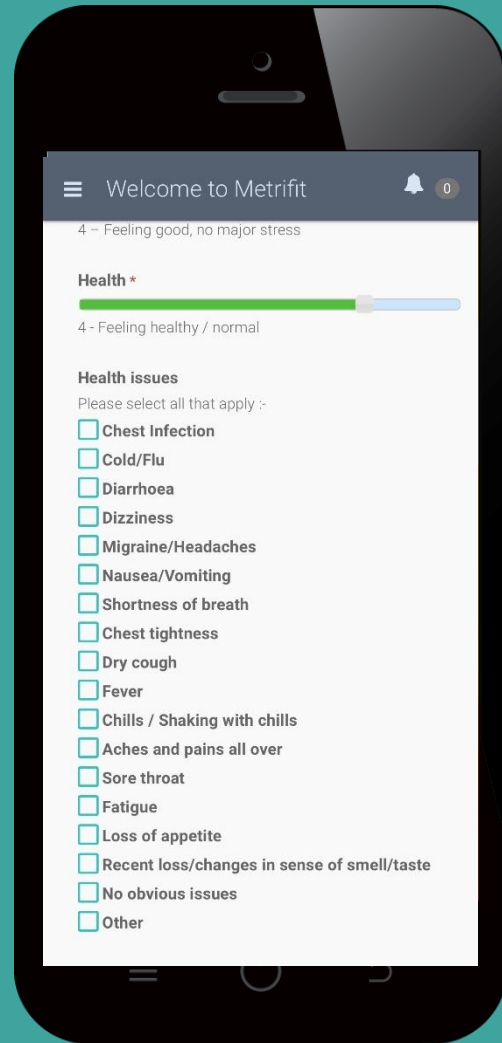
## Monitoring with COVID-19



**As different teams move back to restricted levels of training there will be a greater need to keep a close eye on your athletes, not just on their general health and well-being but a closer look at any sign of symptoms that might indicate the possibility of a COVID-19 infection.**

**Based on our knowledge to date, we have included some additional monitoring features on Metrifit. These are not switched on by default so get in touch if you would like to make use of them.**

# What additional monitoring is in place?



## Body Temperature

Ability to log body temperature in Celsius/Fahrenheit added to daily questionnaire

## Health Slider Changes

Health Slider on daily questionnaire will show additional areas that may be indicative of Covid-19

## Additional Question

Additional Checkbox to ask question re contact with anyone who has been confirmed / suspected to test positive


## Contact Tracing

Ability to log daily contacts to help with contact tracing if required.

## Coach/Staff Log


Ability for coaches / staff to log daily health and contacts information

# Health Slider options

☰ Welcome to Metrfit  0

4 – Feeling good, no major stress

**Health \***



4 - Feeling healthy / normal

**Health issues**

Please select all that apply :-

- Chest Infection
- Cold/Flu
- Diarrhoea
- Dizziness
- Migraine/Headaches
- Nausea/Vomiting
- Shortness of breath
- Chest tightness
- Dry cough
- Fever
- Chills / Shaking with chills
- Aches and pains all over
- Sore throat
- Fatigue
- Loss of appetite
- Recent loss/changes in sense of smell/taste
- No obvious issues
- Other

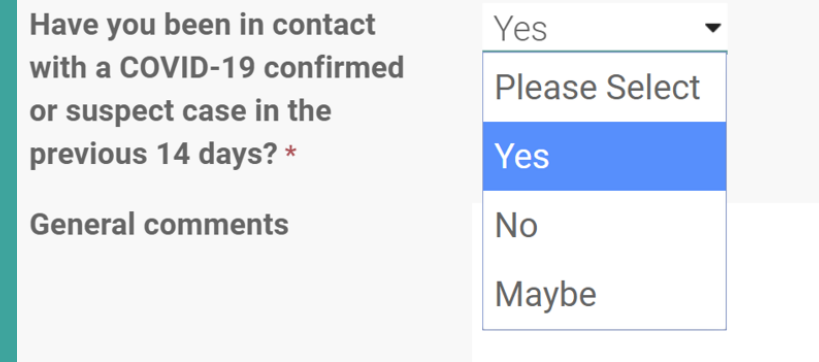
## Additional checkboxes added to include symptoms that may be indicative of covid-19

- ✓ Shortness of breath
- ✓ Chest tightness
- ✓ Dry cough
- ✓ Fever
- ✓ Chills / Shaking with chills
- ✓ Aches and pains all over
- ✓ Sore throat
- ✓ Fatigue
- ✓ Loss of appetite
- ✓ Recent loss/changes in sense of smell/taste

Users will be prompted to tick relevant checkboxes if they select less than 5 on the health slider

## Additional question re contact with confirmed/suspected covid case

Additional question asked on daily basis on daily questionnaire.



Have you been in contact with a COVID-19 confirmed or suspect case in the previous 14 days? \*

General comments

Yes  
Please Select  
Yes  
No  
Maybe


The image shows a digital questionnaire interface. On the left, there is a text input field labeled 'General comments'. To the right, there is a dropdown menu with a white background and a grey border. The menu is currently open, showing a list of options: 'Yes' (at the top, with a small downward arrow), 'Please Select', 'Yes' (highlighted in blue), 'No', and 'Maybe'.

If user indicates any symptoms by ticking applicable checkboxes, has a body temperature indicative of a fever or as answered Yes or Maybe to the question regarding contact with confirmed/suspected cases they will be presented with the message below. This is configurable based on the client's preferences.

You have indicated some symptoms that might be a sign of COVID-19. Please stay at home and contact your team doctor/GP and follow the applicable public health guidelines

OK

# Body Temperature


May  My Tests

**8**

**Test Date \***

**Time \***  **Test Name**

**Score \***  **Unit \***

Comments 

You can now log body temperature on the daily questionnaire. Additional temperatures that coaches might take for the team before / after training can be loaded via our import data option or logged by individuals in the TESTS module.

Temperature graphs will be added and we will look at alerts/messages when a high temperature is logged.

# Contact Tracing

Today Calendar Reports Overview Injury Illness Tests **Contacts**

May My Contacts

8

Activity Date

Select from previous names

Contact Name

Contact Description

Contacts List Export

From  To

Date	Name	Contact Description
05/05/2020	Peter Larkin	Work Meeting - maintained social distancing
05/05/2020	Conor McGrath	Work - meeting > 2 hours but maintained 2m distance
01/05/2020	Peter Larkin	Work Meeting - maintained social distancing
01/05/2020	Roland Hollman	Family
01/05/2020	Conor McGrath	Work - meeting > 2 hours but maintained 2m distance

If someone is diagnosed it is useful to keep daily track of people you have been in close contact with. We have added a Contacts area for athletes to record this on a daily basis. Previous names entered will be saved for easy re-entry

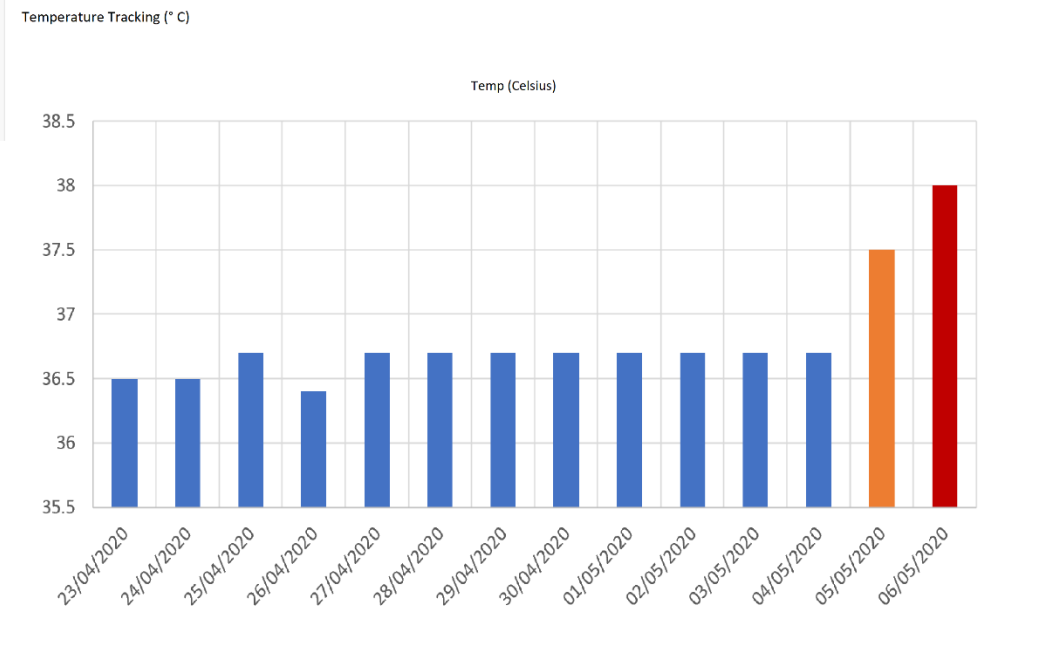
# Reports

Custom Today **Yesterday** Previous 7 days Previous 28 days Last 3 months Last 6 months  Export

## Covid-19 Report 05/05/2020

### Health

Date	Health	Health issues	Health comments
06/05/2020	4	Dry cough, Fever, Chills / Shaking with chills, Recent loss/changes in sense of smell/taste	Any additional health comments can be added here
05/05/2020	4	Dry cough	Feeling a bit tired
04/05/2020	4	No obvious issues	



### Contact Tracing

Date	Name	Contact Description
05/05/2020	Peter Larkin	Work meeting - maintained social distancing
05/05/2020	Conor Mc Grath	Work meeting > 2 hours but maintained 2m distance
05/05/2020	Family	Family at home
04/05/2020	Peter Larkin	Work meeting - maintained social distancing
04/05/2020	Conor Mc Grath	Work meeting > 2 hours but maintained 2m distance
.....		

A new report can be accessed by individual and admin level staff if necessary to export relevant information to aid with contact tracing in the case that someone on the team tests positive or someone has had close contact with someone who has tested positive.



# Coach/Staff Logging

Welcome to Metrifit

Team Metrifit Coach

May 6 Daily Covid Log

### Health Check

Health 4 - Feeling healthy / normal

Please select all that apply -

- Chest Infection
- Cold/Flu
- Diarrhoea
- Dizziness
- Migraine/Headaches
- Nausea/Vomiting
- Shortness of breath
- Chest tightness
- Dry cough
- Fever
- Chills / Shaking with chills
- Aches and pains all over
- Sore throat
- Fatigue
- Loss of appetite
- Recent loss/changes in sense of smell/taste
- Other
- No obvious issues

Health comments

### Temperature Check

Time	Temp (Celsius)	Comments

### Contacts

Select from previous names

Contact Name	Contact Description

### Contacts List

From: 06/04/2020 To: 06/05/2020

Date	Name	Contact Description
05/05/2020	Peter Larkin	Work Meeting - maintained social distancing
05/05/2020	Conor McGrath	Work - meeting > 2 hours but maintained 2m distance
01/05/2020	Peter Larkin	Work Meeting - maintained social distancing
01/05/2020	Roland Holman	Family
01/05/2020	Conor McGrath	Work - meeting > 2 hours but maintained 2m distance

Coaches and other staff will also now be able to log their health, temperature and contacts through a new coach specific covid log menu item.

A new menu item called 'Covid log' will be accessible and from there they can log a health question and detail any symptoms they have; log their temperature multiple times, answer question about contact with confirmed or suspected cases and complete daily contact list.

# Get in touch



Email us at [info@metrifit.com](mailto:info@metrifit.com) for more information