Healthy Roster/ Safer Play Instructions:

1. Be sure to add no-reply@healthyroster.com to your contacts/address book
   a. May need to check Junk folder
2. Will receive email in the morning inviting you to complete the survey
   a. Double check the date. Surveys are to be completed the day sent. In other words, if today is 1/2/21, and you missed a survey from 1/1/21, be sure to complete the current survey for that day (1/2/21)
3. Scroll to “complete survey” button and click
4. A new webpage will pop-up (with your name already filled in at the top)
5. Complete: 2 Yes/No questions and check as many symptoms you have been experiencing over the past 14 days
6. Click “submit” when finished.
7. You can close your web browser once you see this page.

8. You will receive an email indicating you have completed the survey.

9. You will receive an additional email stating whether you are cleared to participate in FRC activities:
   
   a. If you have been cleared to participate, you will receive this email:
b. If you are NOT cleared to participate, you will receive this email:
   i. You need to contact 530-283-5640 or 530-283-0650 to schedule an appointment.
   ii. You CANNOT come to campus until you are cleared.