

# Ayrodynamic Triathlon Club



## Self Declaration Sheet

Name: \_\_\_\_\_

Today's date: \_\_\_\_\_

**(Please highlight/tick the response below)**

**I have read the club COVID-19 return to training information, understand the information and agree to comply with it?**

Yes

No

**Do you acknowledge the risk of COVID-19 and that you are 'returning to the water' at your own risk?**

Yes

No

**Do you acknowledge that you play a vital role in minimising the spread of COVID-19, over and above the measures implemented by the club?**

Yes

No

**I will adhere to current physical distancing guidelines (and ongoing as they are amended) on my travel to and from the training venue and whilst at the venue.**

Yes

No

**Do you agree to adhere to all COVID-19 notices at the pool, agree to adhere to all club and the facility's COVID-19 measures at the pool and agree to abide by any directions given by club officers while on premises specific to COVID-19 health and safety measures?**

Yes

No

**If, at any time, I have or suspect I have any symptoms of COVID-19 or believe I have been in contact with an individual with COVID-19 in the last 14 days, I will cease to attend training; will isolate immediately; and will contact the club COVID-19 Lead Liaison Officer and follow the appropriate medical advice?**

**Yes**

**No**

**Do you agree to complete the COVID-19 Health Screen Survey before attending your first training session and thereafter if you have a change to your general health or circumstances?**

**Yes**

**No**