



# COVID-19 HEALTH DECLARATION FORM

## Tavistock Autumn Series – 28<sup>th</sup> October 2020

Dear Competitor/Guest/ Official (Delete as appropriate)

Due to the ongoing and rapidly changing situation with Covid-19, we are requiring all participants, guests and officials to complete the self-declaration form below, prior to arriving at the competition site.

Each person must complete this before the competition and submit it electronically by email to [alistairkinsey@aol.com](mailto:alistairkinsey@aol.com) or bring to the venue with them. Anyone attempting to enter the competition without completion will not be.

Name: .....

email .....

Mobile Telephone .....

I declare that I do not have, and have not had for 14 days or more, any symptoms relating to Covid- 19, including:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

The symptoms extract has been copied from the NHS website, view <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/> for further information.

I agree to fully comply with all control measures in place at the venue on the day (return via email will be accepted as agreeing to the control measures).

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

The 'Opt in' and consent forms don't discharge the Competition Providers duty of care; and it doesn't enable the Competition Provider to simply exclude liability, albeit it may assist with ensuring that, say, an athlete understands they're assuming a risk in the context of competition.