

Dear Club Member

Due to the ongoing and rapidly changing situation with Covid-19, we are requiring all participants at training to complete the self-declaration form below, prior to returning to training.

Each person must complete this and submit it electronically by email to birdinaviary@gmail.com as soon as they intend to return to club training.

Anyone attempting to join a training group without completion will not be authorised.

Name:

I declare that I do not have, and have not had for 14 days or more, any symptoms relating to Covid19, 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

I also declare that once I have signed this I will not attend training for 14 days if I present with any of these symptoms. I will notify the club if I present with any of these symptoms, and if I subsequently have a positive Covid 19 test.

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

Signature: _____

Date: _____