

Covid-19 agreement

DECLARATION:

I am aware what Covid-19 symptoms are and I agree to stay away from the club for at least a period of 14 days if I, someone in my household or a close contact displays any of the Covid-19 symptoms or tests positive for Covid-19. I will also not attend the club if I test positive for Covid19 whether I am asymptomatic or symptomatic.

If I start having Covid-19 symptoms or test positive for Covid-19, I agree to contact the club by email or phone to enable the club start the track and trace process.

I understand that participating in group activities carries a risk of being exposed to Covid-19 and possibly contracting the disease. If this occurs I will not hold Mandala Jiu Jitsu School responsible for my illness and illness related health problems or losses.

By ticking the box you agree to comply by the above declaration.



YROSHY



Covid-19 symptoms

Please read through the list of Covid-19 symptoms below. If you or anyone in your household or close contacts displays any of the symptoms, do not come to training for at least 14 days.

If you started to display the symptoms or tested positive for Covid-19, please contact the club and let us know. If you feel unwell, follow the NHS guidelines and contact your medical practitioner (call 111 if you do not have one).



HIGH TEMPERATURE (FEVER)

This means you feel hot to touch on your chest or back (you do not need to measure your temperature, however if you measure, temperature above 37.8C is a fever).



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 TASTE OR SMELL

This means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.



NEW UNEXPLAINED SHORTNESS OF BREATH

This means that you feel out of breath performing your usual activities.