

The most important action sporting clubs can take to reduce the risk of transmission of coronavirus (COVID-19), is to ensure that any unwell people remain at home.

Therefore, as a requirement of participating in any club activities, we are asking the following.

- All paddlers and their guardians read and sign, that they understand and agree to comply with the following COVID -19 club guidelines and declaration.
- Failure to comply (and any breaches) risks not only our paddlers but their families, the program and indeed the greater community.

### MCC Covid-19 Declaration

If paddlers and their drivers/ adults have any symptoms of COVID-19, even minor, **they must not turn up to any club sessions** whether that is an on water/off water training session, information evening or to collect any items from the club rooms (when club rooms are allowed to be accessed).

These symptoms are sore throat, fever, cough, runny nose, loss of smell or taste, abdominal diarrhoea or vomiting. If you are symptomatic then you must get tested and you cannot participate in any club activities, training or collect gear from the club rooms (when club rooms are allowed to be accessed).

If you get tested and you have a negative result you still must not attend if you are symptomatic and 48 hours after fever subsides.

I .....understand that turning up to training with any symptoms can have serious implications for others. Regardless of whether the symptoms are COVID or just a common cold passing on these symptoms if passed on will force others to have time off school/ work or training and miss medical appointments / procedures. The implications are much more serious and potentially deadly if symptoms are due to COVID-19.

- I agree not to turn up to any club activities with any symptoms. Yes/ No
- I understand even if my symptoms are mild, I cannot attend any club activities Yes/ No.
- If I have a positive COVID-19 test I will contact the Session Coach and allow the club to notify those who I have been in contact with. Yes/ No
- If I have a negative Covid-19 result I will not attend club session with any symptoms and will wait a further 48 hours after fever has subsided. Yes/ No
- If I am a close contact with anyone with Covid-19. I will comply with DHS requirements and quarantine for 14 days.
- In the event that restrictions change I will comply with travel restrictions and lock down of hot suburbs and any other risk minimization measures that implemented by the Victorian Government such as the current use of masks. YES/No.
- I understand and agree to practise good hygiene.
- I will follow the Victorian DHS COVID-19 Guidelines regarding the wearing of a face mask.
- I will notify my coach if I feel unwell during a session.
- I agree to social distance before, during and after sessions. (keeping 1.5 m apart).
- I will follow any directives by the club and comply with the changing resections according to Victorian DHS COVID-19 website.....

While the risk of transmission of the virus is very low, staff or students most at risk of severe illness should individually assess appropriateness for on-site attendance at this time with support from their medical practitioner.

As the main risk of transmission of coronavirus (COVID-19) is between adults, it is important that visitors to club activities are limited to those delivering or supporting essential club services and operations.

- **All unwell staff, students, participants, parents, guardians and drivers must stay at home.**

Signature (Participant or Parent/Guardian)

Date