

Covid-19 Self-screening declaration of health

Updated July 28, 2020

To: **Alpine Club of Canada–Toronto Section (the “ACC”)**
Event: **Bon Echo climbing trip**

I, the participant, do hereby confirm to ACC that:

- I have not travelled internationally, including travel in the United States, within the last 14 days; nor has anyone in my household.
- I have not felt or shown symptoms of Covid-19 that are not related to a pre-existing illness or health condition. These include but are not limited to cough, sore throat, runny nose, fever, chills, shortness of breath, weakness or unusual fatigue, headache, loss of taste or smell, diarrhea, and unusual muscle or joint pain.
- Neither I nor anyone in my household has had close contact with anyone with a probable or confirmed case of Covid-19.
- I agree to comply with the Bon Echo reopening protocols as set out by the Toronto Section before, during and after the event.
- I must carry out an self-assessment again if it is suspected I have Covid-19 symptoms. If, based on the new self-assessment, I exhibit symptoms I agree to leave the property promptly.
- I agree to immediately report the appearance of any suspected Covid-19 symptoms to the ACC up to 14 days after the trip has ended in order that the club may begin contact tracing promptly.

Dated this _____ day of _____, 2020

Name (printed): _____

Phone and email: _____

For potential contact tracing. May be shared with health authorities but otherwise to be kept confidential.

Signed: _____

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