

Ruislip Turtles Covid-19 Checklist



It is important that anyone attending a Ruislip Turtles swim session do not increase the risk of a spread of Covid-19. Please complete the below checklist by reading each statement and confirming your agreement.

CRITERIA	AGREE (TICK)
I do not have/will not attend if I have a high temperature (you feel hot to touch on your chest or back – you do not need to measure your temperature)	
I do not have/will not attend if I have a new continuous cough (coughing a lot for more than 1 hour, or 3 or more coughing episodes in 24 hours)	
I do not have/will not attend if I have loss or change to my sense of smell or taste (you cannot smell or taste anything, or things smell or taste differently to normal)	
I will not attend and inform you if I am having to self-isolate due to coming into contact with someone with Covid-19 symptoms.	
I will not attend and inform you if someone in my household has had Covid-19 or is having to self-isolate due to symptoms/contact with someone with Covid-19.	
I will inform you if I develop any symptoms within 2 weeks of attending a Turtles Swim session.	

DECLARATION

I declare that all of the information I have provided on this form (during Covid-19) is true and accurate. I will update you as soon as possible should anything change. I understand there are levels of risk of contracting Covid-19 by attending the Ruislip Turtles swimming sessions.			
Member's Name			
Member's Signature:		Date :	
Parent/Guardian/Carer Signature :		Date :	

IMPORTANT

You are required to bring a completed Covid-19 Checklist and completed Medical Information Form when you renew your subscription and return to the pool for the first time.

Ruislip Turtles Swimming Club can make no exceptions.