



ACKNOWLEDGMENT OF RISK COVID-19

The novel coronavirus, COVID-19 has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is known to spread mainly by contact from person to person. Consequently, local, provincial and federal governmental authorities recommend various measures and prohibit a variety of behaviors, in order to reduce the spread of the virus.

Gymnastique Québec and its members, which CLUB ÉQUILIBRIX is part of, **commit themselves to comply with the requirements and recommendations** of Quebec' Public health and other governmental authorities, and to put in place and adopt all necessary measures to that effect. However, Gymnastique Québec and CLUB ÉQUILIBRIX **cannot guarantee that you** (or your child, if participant is a minor/ or the person you are the tutor or legal guardian of) **will not become infected with COVID-19**. Further, attending the Activities could increase your risk of contracting COVID-19, despite all preventative measures put in place.

By signing this document,

- 1) I acknowledge the highly contagious nature of COVID-19 and **I voluntarily assume the risk** that I (or my child, if participant is a minor/ or the person I am the tutor or legal guardian of) could be exposed or infected by COVID-19 by participating in Gymnastique Québec or CLUB ÉQUILIBRIX's activities. Being exposed or infected by COVID-19 may particularly lead to injuries, diseases or other illnesses.
- 2) I declare that I (or my child, if participant is a minor/ or the person I am the tutor or legal guardian of) am **participating voluntarily** in Gymnastique Québec or CLUB ÉQUILIBRIX's activities.
- 3) **I declare that neither I** (or my child, if participant is a minor/ or the person I am the tutor or legal guardian of) **nor anyone in my household, have experienced cold or flu-like symptoms in the last 14 days 24 hours** (including fever, cough, sore throat, respiratory illness, difficulty breathing).
- 4) If I (or my child, if participant is a minor/ or the person I am the tutor or legal guardian of) experience, or if anyone in my household experiences any cold or flu-like symptoms after submitting this declaration, I (or my child, if participant is a minor/ or the person I am the tutor or legal guardian of) **will not attend any** of Gymnastique Québec or CLUB ÉQUILIBRIX's activities, **programs or services until at least 14 days 24 hours have passed since those symptoms** were last experienced.

- 5) **I have not** (or my child, if participant is a minor/ or the person I am the tutor or legal guardian of), **nor has any member of my household, travelled to or had a lay-over in any country outside Canada, or in any Province outside of Quebec, in the past 14 days.** If I (or my child, if participant is a minor/ or the person I am the tutor or legal guardian of) travel, or if anyone in my household travels, outside the Province of Quebec after submitting this declaration, **I (or my child, if participant is a minor/ or the person I am the tutor or legal guardian of) will not attend any** of Gymnastique Québec or CLUB ÉQUILIBRIX's **activities, programs or services until at least 14 days have passed** since the date of return.

This document will remain in effect until Gymnastique Québec, per the direction of the provincial government and provincial health officials, determines that the acknowledgments in this declaration are no longer required.

I HAVE SIGNED THIS DOCUMENT FREELY AND WITH FULL KNOWLEDGE.

Name of participant (print)

Signature of participant

Name of parent/tutor/ legal guardian (print)
(if participant is minor or cannot legally give consent)

Signature of parent/tutor/legal guardian

Club representative's name

Club representative's signature

Date: _____
dd-mm-yyyy

Place: _____