



McA Fitness COVID 19 – Pre Activity Readiness Questionnaire and Declaration

This document is important under the current circumstances. It is important to note that by signing this document you are accepting that it is safe for you to come to the event. You should be aware that every measure has been made to keep the event on while maintaining the health and safety of all participants, staff, volunteers and anyone in direct bubbles, including family and friends.

I am aware that it is advised that if I live in a Tier 1 or 2 area, I should not travel to Tier 3

I am aware that it is advised that if I live in a Tier 3 area I should not leave my area

I confirm I am not suffering with any symptoms of COVID 19

I confirm I have not suffered with any symptoms of COVID 19 in the last 14 days

I confirm I have not socialised in large groups of multiple households in the last 14 days and I have kept a social distance from anyone not in my own household

I confirm I am fit and healthy and able to participate in the Come & Give It A Go Tri

I confirm I have declared any known health conditions at time of entry or any new conditions to the race organiser since diagnosis

I confirm there are no known reasons I should not be taking part in the Come & Give It A Go Tri

I confirm if needed the organiser can provide my contact details to NHS Track and Trace

Name.....

Signature....

Date.....