



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 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 COVID-19 related symptoms in the last 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 **COVID-19 related** 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 **24 hours* have passed since those symptoms** were last experienced.

* If your child has been showing one or more symptoms on the list below for less than 24 hours, it is recommended that they stay home and avoid contact with other people. After 24 hours, re-evaluate the situation to see if there is any change in their symptoms. If one or more symptoms persist for more than 24 hours, proceed with the self-assessment.

Symptoms and self-assessment references: <https://covid19.quebec.ca/surveys/cdd2>

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.

To confirm, check box in form directly in your Qidigo account.