

## Fit for Change Covid Health Check

It is essential that we provide you with a safe environment during this ongoing pandemic. Please remember that, while attending class, you must adhere to all public health regulations. These include, but are not limited to, maintaining a 2-metre distance, wearing a mask if not distanced and practising proper handwashing.

To ensure your safety and the safety of all participants, please read, follow, and sign our new policies with respect to attending any in-person outdoor classes.

1. I agree that I **WILL NOT ATTEND** a class if:
  - I am currently experiencing any Covid-related symptoms (please see [Government of Canada website](#) for an up-to-date list of symptoms).
  - I have tested positive for Covid and it has not been in the **24 days** since the positive test result.
  - I am currently in quarantine or live in a household with/care for someone who is in quarantine, regardless of a negative test result.
  - I am not following current AHS public health restrictions, such as attending indoor social gatherings, not wearing a mask when mandated, etc.
2. I understand that I must adhere to these policies even if I have received the vaccine.
3. I understand that if I am unable to adhere to these policies I will be asked not to attend any future classes with Fit for Change.

I agree to all of the above:

NAME:

DATE:

EMAIL ADDRESS:

PHONE:

SIGNATURE:

(e-signature accepted)

*If providing a typed or e-signature, please ensure that you return the completed form via email rather than hand-delivering a printed copy.*