



## **Tumbletots Covid-19 Health Declaration Form for the year 2020/21**

**Parent Name:** \_\_\_\_\_

**Child(ren) name/s and session time:** \_\_\_\_\_

Before any child begins our programme we require all parents to complete this Covid-19 Health Declaration Form as part of our return to gym protocol. The Form must be emailed to [tumbletotsbermuda@yahoo.com](mailto:tumbletotsbermuda@yahoo.com) or handed in your child's first session. **(This must be handed in or no entry will be allowed)**

By signing this Form, you attest that (a) you agree with the following points, that (b) you have read the Tumbletots protocol document and that (c) you understand that Tumbletots or Saltus Grammar School cannot be held liable for the accuracy of Health Declaration Forms completed by parents nor guarantee a Covid19 free environment.

### **Health Checklist – please ask these questions each day before heading to class - we will be asking you before every weekly session:**

- Are myself or my child unwell today or showing any symptoms of an illness?
  - If yes, we will not attend Tumbletots.
- Have myself or my child been exposed to anyone with Covid-19?
  - If yes, we will not attend Tumbletots until we have quarantined for 14 days and followed testing protocols.
- Have myself or my child been around anyone who is unwell?
  - If yes, we will not attend Tumbletots until I have consulted with a medical professional.

### **Maintaining a Safe Environment for recreational gymnastics**

- If my child shows any symptoms of illness during the session, I will be asked to leave class.
- Should there be a positive Covid-19 case in our household I will inform the Tumbletots immediately and keep our children at home to quarantine for a period as instructed.
- On arrival at Tumbletots I must wear a mask, both myself and I have our temperature checked, wash our hands and remove our shoes before entering the gym.
- Physical distancing of a minimum 3 feet will be maintained **as best as possible** at all times.
- Should any member of my household return from travel overseas (this includes visitors) I understand that my children will not be allowed to return to Tumbletots until after the travelers **3rd negative** test, **AND 8 days of quarantine** as set out in the Bermuda Govt regulations.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_