**GYMNASTICS NOVA SCOTIA**

**DECLARATION OF COMPLIANCE – COVID-19 – FINAL V.15 – October 20th, 2021**

Participant Name (print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant’s Parent/Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(if the participant is younger than 18 years old)

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WARNING! ALL PARTICIPANTS ENTERING THE FACILITY MUST COMPLY WITH THIS DECLARATION

Gymnastics Nova Scotia and [*insert Club*] (collectively the “Organization”) require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

A participant (or the participant’s parent/guardian, if the participant is younger than 18 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization’s facilities or participate in the Organization’s activities, programs, or services.

I, the undersigned being the participant named above or the participant’s parent/guardian (if the participant is younger than 18 years old), hereby acknowledge and agree to the terms outlined in this document.

1. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all participants (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
2. The participant has not been diagnosed with COVID-19 or is not waiting for a Covid test result. If the participant was diagnosed with COVID-19, the participant must be symptom free and have completed the provincial or local public health authorities self-isolation requirements prior to the date this Declaration of Compliance was signed.
3. The participant has not been exposed to a person with a confirmed or suspected case of COVID-19. However, if the participant was exposed to a person with a confirmed case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
4. The participant is attending or participating voluntarily and understands the risks associated with COVID-19. The participant (or the participant’s parent/guardian, on behalf of the participant (when applicable) agrees to assume those risks, including but not limited to exposure and being infected.
5. The participant has not experienced cold or flu-like symptoms in the last 48 hours (including new or worsening – cough, or 2 or more of the following symptoms - fever sore throat, shortness of breath, Runny nose/nasal congestion, and unexplained headache).
6. If the participant experiences any cold or flu-like symptoms after submitting this Declaration of Compliance, the participant will complete a COVID self-assessment at: <https://covid-self-assessment.novascotia.ca/en> You will be advised if you need to be tested for COVID-19.

• If a test is not required or is negative, the participant may return when they are feeling better with no fever medication for 24 hours (or only a mild clear runny nose). Repeat the assessment for any new or worsening symptoms.

You’re legally required to self-isolate for at least 7 days or as directed by Public Health if you:

• Have COVID-19 symptoms and are waiting to be tested and get your test results

• were at a potential exposure site and Public Health advises that you need to self-isolate while you’re waiting to be tested and for your test results

• have been tested for COVID-19 and have been told by Public Health that you need to self-isolate while you’re waiting to get your test results

• have tested positive for COVID-19

• have been told by Public Health that you’re a close contact of a confirmed COVID-19 case and that you need to self-isolate

Household contacts, including siblings, do not need to stay home if they do not have any symptoms unless directed to by Public Health.

1. The participant or household contact has not travelled outside of **Nova Scotia** for non-essential reasons in the past 14 days. If the participant or household contact (who cannot self-isolate) does travel, outside of **Nova Scotia** for non-essential reasons after submitting this Declaration of Compliance, the participant will not attend any of the Organization’s facilities, activities, programs or services unless their self isolation is complete based on vaccination status and testing as per Public Health guidelines – see page 4.

***\*\*Please refer to exemptions to this rule on page 3 of this document as per Nova Scotia – exemption from self-isolation.***

1. The participant is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, frequent handwashing, and otherwise limiting exposure to COVID-19.
2. The participant will follow the safety, physical distancing, and hygiene protocols of the Organization as posted at the time this document is signed and agrees to follow any amendments or changes as they are made and posted, on either the Organization’s website or, on site at the Organization’s premises.
3. This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.
4. The Organization may remove the participant from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the participant is no longer in compliance with any of the compliance standards described in this document. The removal may be up to a two-week suspension and that no reimbursement of fees shall be provided for the suspension period.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant (If 18 and over)

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian (if the participant is younger than 18 years old)

## **Exemptions from self-isolation**

Some people are exempt from the self-isolation requirement. Most exempt travellers need to follow the [COVID-19 Exempt traveller Protocol (PDF 165 kB)](https://novascotia.ca/coronavirus/docs/COVID-19-Protocol-for-exempt-travellers-en.pdf) when entering Nova Scotia. You also need to apply to travel to Nova Scotia by completing the [Safe Check-in Form](https://novascotia.ca/coronavirus/travel/#self-declaration) before you travel to the province.

If you travel for personal reasons (like vacationing or visiting), you're not exempt and may need to self-isolate when you arrive in Nova Scotia from another Canadian province or territory. Self-isolation requirements are based on vaccination status and testing.

International travellers entering Canada must follow [federal isolation, testing and travel requirements](https://travel.gc.ca/travel-covid) in the Quarantine Act. They do not follow the COVID-19 Exempt traveller Protocol.

People who are exempt from the self-isolation requirement include:

* visiting or leaving Nova Scotia to drop off or pick up children under a joint custody order or agreement if both the children and the person bringing them do not have COVID-19 symptoms; they need to follow the [COVID-19 Child Custody Protocol (PDF)](https://novascotia.ca/coronavirus/docs/COVID-19-Protocol-for-child-custody-en.pdf) if they're not fully vaccinated at least 14 days before arriving in Nova Scotia
* people who need to travel between Nova Scotia and New Brunswick, Prince Edward Island or Newfoundland and Labrador for work, school, childcare, essential veterinary services or necessary tasks that can’t be done virtually if they follow the Health Protection Act Order and the [COVID-19 Atlantic Canada Travel Protocol (PDF 300 kB)](https://novascotia.ca/coronavirus/docs/COVID-19-Protocol-for-Atlantic-Canada-Travel.pdf)
* people who travel from another Canadian province or territory (outside Nova Scotia) who are fully vaccinated at least 14 days before arriving in or returning to Nova Scotia
* people visiting or leaving Nova Scotia for essential health services, plus support people travelling with them; they need to follow the [COVID-19 Exempt traveller Protocol (PDF)](https://novascotia.ca/coronavirus/docs/COVID-19-Protocol-for-exempt-travellers-en.pdf)
* people participating in a legal proceeding in Nova Scotia (including the accused, victim, witness, lawyer or party in the proceeding); they need to follow the [COVID-19 Exempt traveller Protocol (PDF)](https://novascotia.ca/coronavirus/docs/COVID-19-Protocol-for-exempt-travellers-en.pdf)
* workers who are essential to the movement of people and goods, and who must enter Nova Scotia as part of their work duties or training required for their jobs (not for personal reasons or other types of work); they need to follow the [COVID-19 Exempt traveller Protocol (PDF)](https://novascotia.ca/coronavirus/docs/COVID-19-Protocol-for-exempt-travellers-en.pdf)
  + trade and transportation workers who are employed in the movement of goods or people across the Nova Scotia border, including truck drivers, crew, maintenance and operational workers on any plane, train or ship
  + airline crew who live in Nova Scotia and are required to deadhead as part of their work duties (flying as a passenger on one flight to work as crew on another flight)
  + Canadian Armed Forces and Canadian Defence Team personnel, Coast Guard, RCMP, Canadian Border Services Agency and Canadian Security Intelligence Service
  + first responders, including police, fire, Emergency Health Services (EHS) paramedic workers and essential healthcare workers
  + essential healthcare workers who travel to and from Nova Scotia and another province or territory to provide temporary support like locums

### **Self-isolating**

Self-isolation requirements for people who travel from another Canadian province or territory (outside Nova Scotia) are based on vaccination status and testing. Self-isolation requirements include:

* people who are fully vaccinated (2 doses of a COVID-19 vaccine or 2 doses of a combination of COVID-19 vaccines [accepted by the Government of Canada](https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada#determine-fully), 1 dose of Janssen/Johnson & Johnson COVID-19 vaccine or a complete series of a COVID-19 vaccine authorized by the World Health Organization) at least 14 days before arriving in Nova Scotia don’t need to self-isolate; [testing is recommended](https://novascotia.ca/coronavirus/symptoms-and-testing/#who-can-be-tested)
* people who are not fully vaccinated (partially vaccinated with a first dose of a 2-dose COVID-19 vaccine or 0 doses of a COVID-19 vaccine) at least 14 days before arriving in Nova Scotia must [self-isolate](https://novascotia.ca/coronavirus/symptoms-and-testing/#self-isolate) for 7 days and receive 2 negative tests results in order to leave self-isolation after 7 days
* people who have a letter from Public Health in a Canadian province or territory stating that they’ve recovered from COVID-19 in the 12 weeks before arriving in Nova Scotia and are not fully vaccinated at least 14 days before arriving in Nova Scotia must [self-isolate](https://novascotia.ca/coronavirus/symptoms-and-testing/#self-isolate) for 7 days (you don’t need to get tested in order to leave self-isolation after 7 days)