**GYMNASTICS NOVA SCOTIA**

**DECLARATION OF COMPLIANCE – COVID-19 – FINAL V.9 – February 10, 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 Cape Breton Gymnastics (collectively the “Organization”) require the disclosure of exposure or illness is 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 and 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 **unless I was instructed otherwise by a doctor or by visiting**: <https://www.nshealth.ca/coronavirus-assessment>

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’ 14-day 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 – fever or cough, or 2 or more of the following symptoms - 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 contact the coronavirus assessment centre at: <https://www.nshealth.ca/coronavirus-assessment>. You will be advised if you need to be tested for COVID-19. Household contacts, including siblings, do not need to stay home if they do not have any symptoms.

• If a COVID-19 test is required, the participant will need to stay home until the test results come back.

• 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

• If the test is positive, public health will follow up and provide support and will advise when the participant can return.

• If public health tells a participant that they are considered a close contact of someone with COVID-19, they will need to stay home for 14 days. Household contacts of that participant do not need to stay home unless they are also a close contact of someone with COVID-19

1. The participant or someone living in the household has not travelled outside of **Nova Scotia or Prince Edward Island** for non-essential reasons in the past 14 days. If the participant or someone living in the household (who cannot self-isolate) does travel, outside the **Nova Scotia or Prince Edward Island** 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 until at least 14 days after the date of return.

***\*\*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)

**Nova Scotia - Exemptions from self-isolation (essential travel only)**

Some people are exempt from the self-isolation requirement. Even if you’re exempt, you still need to practice social distancing of 2 metres (6 feet) as much as you can. You need to monitor your symptoms closely, and self-isolate if you start to feel sick.

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

* residents of Nova Scotia and Prince Edward Island when they travel within Nova Scotia and Prince Edward Island ([Atlantic travel bubble](https://novascotia.ca/coronavirus/travel/#atlantic-bubble))
* people from outside Nova Scotia or Prince Edward Island who have already self-isolated for 14 days in Prince Edward Island before they enter Nova Scotia
* people visiting Nova Scotia to facilitate child sharing between parents under a joint custody order or agreement if both the children and the person bringing them don’t have symptoms of COVID-19
* people who need to routinely travel between Nova Scotia or New Brunswick to work or attend a school or post-secondary institution located in Nova Scotia or New Brunswick if they follow the Health Protection Act Order and the [Protocol Under the Authority of the Chief Medical Officer of Health – COVID-19 Protocol for Nova Scotia-New Brunswick Travel (PDF 638 KB)](https://novascotia.ca/coronavirus/docs/COVID-19-Protocol-for-Nova-Scotia-New-Brunswick.pdf)
* people who need to travel between Nova Scotia and New Brunswick to drop off or pick up people or things, or accomplish other tasks that are necessary and can’t be done virtually if they follow the Health Protection Act Order and the [Protocol Under the Authority of the Chief Medical Officer of Health – COVID-19 Protocol for Nova Scotia-New Brunswick Travel (PDF 638 KB)](https://novascotia.ca/coronavirus/docs/COVID-19-Protocol-for-Nova-Scotia-New-Brunswick.pdf)
* people visiting Nova Scotia for essential health services, plus support people travelling with them
* workers who are essential to the movement of people and goods, and who must enter Nova Scotia as part of their work requirements (not for personal reasons or other types of work)
  + healthy 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
  + Canadian Armed Forces and Canadian Defence Team personnel, Coast Guard, Royal Canadian Mounted Police (RCMP), Canadian Border Services Agency and Canadian Security Intelligence Service
  + first responders, including police, fire and Emergency Health Services (EHS) paramedic workers

Workers exempt from the self-isolation requirement should follow [social distancing guidelines](https://novascotia.ca/coronavirus/avoiding-infection/#social-distancing) as much as they can, and also follow public health directives. They need to monitor their symptoms closely, and self-isolate if they start to feel sick.

If an exempt worker or someone living in the household travels outside Nova Scotia or Prince Edward Island for non-essential travel, [everyone in the household needs to self-isolate](https://novascotia.ca/coronavirus/symptoms-and-testing/#self-isolating-and-your-household) for 14 days, unless there’s a completely separate space where the traveller can self-isolate alone.

**Domestic Rotational Workers in Nova Scotia** – There is a list of allowable activities for domestic rotational workers during their 14-day isolation periods in Nova Scotia. Please refer to the pdf link below. This pdf also defines a Domestic Rotational Worker in Nova Scotia.

[*https://novascotia.ca/coronavirus/docs/COVID-19-Directive-on-Exceptions-for-Domestic-Rotational-Workers.pdf*](https://novascotia.ca/coronavirus/docs/COVID-19-Directive-on-Exceptions-for-Domestic-Rotational-Workers.pdf)