



COVID-19 SAFETY AWARENESS FORM

On the day of your booked session can you please check the list below and sign at the bottom of the page to declare that you are free from any of the symptoms.

Although the activity of Blokart sailing is in the open air and precautions have been taken to keep socially distant, we would ask for your co-operation in reducing the possibility of transmitting the virus to other participants.

Please read the list carefully and then look at the list at the bottom to make sure you have everything that you will need to bring to your Blokart sailing session.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- *Fever or chills*
- *Cough that is persistent*
- *Shortness of breath or difficulty breathing*
- *Fatigue*
- *Muscle or body aches other than any usual ones.*
- *Headache*
- *New loss of taste or smell*
- *Sore throat*
- *Congestion or runny nose*
- *Nausea or vomiting or Diarrhea*

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

Name _____ Date ___/___/2020

Signed _____

To help avoid cross contamination, could you please bring a face mask or covering, glasses or sunglasses and a pair of gloves [not your best gloves, but some old ones, gardening gloves or similar or sailing gloves. This will help with cross contamination and you need gloves as you are holding ropes etc.

Also bring trainer type comfortable shoes, drinking water, a jacket or suitable sailing clothes and don't forget the sun cream.

Shorts and tee shirts are suitable on hot days, but please be aware that they offer less protection. Sandals/flipflops and bare feet are not suitable for this activity.

If you have any problems with these requests, please call **Graham on 07979960827**, before leaving for the session.