



The Wing Chun School

COVID-19 declaration, release and liability waiver form

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

I agree to the following (please tick each statement confirming you have read and understood them):

- I understand the aforementioned are COVID-19 symptoms
- I affirm that neither I, nor any member of my household, including members of my household bubble, currently has or has experienced the aforementioned symptoms within the past 14 days. Furthermore, I will immediately inform the relevant Wing Chun School Branch Lead Instructor, discontinue classes and follow the government guidelines for self-isolation if I, or any member of my household including members of my household bubble, develops the aforementioned.
- I affirm that neither I, nor any member of my household including members of my household bubble, has been diagnosed with COVID-19 within the past 30 days. Furthermore, I will immediately inform the relevant Wing Chun School Branch Lead Instructor, discontinue classes and follow the government guidelines for self-isolation if I, or any member of my household including members of my household bubble, is diagnosed with COVID-19.
- I affirm that neither I, nor any member of my household including members of my household bubble, has knowingly been exposed to anyone diagnosed with COVID-19 within the past 30 days. Furthermore, I will discontinue classes and follow the government guidelines for self-isolation if I, or any member of my household including members of my household bubble, has knowingly been exposed to someone diagnosed with COVID-19.
- I affirm that neither I, nor any member of my household including members of my household bubble, has travelled outside of the country or to any city considered to be a “hot spot” for COVID-19 infections within the last 30 days. Furthermore, I will immediately inform the relevant Wing Chun School Branch Lead Instructor, discontinue classes and follow the government guidelines for self-isolation once I, or any member of my household including members of my household bubble,

returns from travelling outside of the country or to any city considered to be a “hot spot for COVID-19 infections.

- I affirm that if either I, or any member of my household including members of my household bubble have been diagnosed with COVID-19 or been in contact with someone who has been diagnosed with the virus, I will not return to sessions until I have completed the self-isolation period as outlined by the government.

- I understand that The Wing Chun School (TWCS) cannot be held liable for any exposure to the COVID-19 virus caused by misinformation on this form or the health history provided by each student.

TWCS will be adhering to the following procedures to prevent the spread of COVID-19

Our instructors will:

- Do a temperature check before entering the training space to ensure it is below 38°C
- Clean/sanitise frequently touched surfaces between sessions
- Wash/sanitise our hands before and after each session
- Maintain a safe distance at all times
- Accommodate a limited number of students per session
- Schedule sessions so as to allow for cleaning/sanitising surfaces, and allow students to leave the training space before the next set of students arrive
- Provide sanitiser or hand washing facilities at the entrance and in other relevant areas

We are requesting that each of our students please:

- Allow us to check their temperature before entering the premises to ensure it is below 38°C
- Maintain a safe distance from others at all times
- Follow all instructions given for the safety of themselves and others
- Use the hand sanitiser or washing facilities provided before entering and while exiting
- Carry their own filled water bottle for drinking

By signing below, I agree to each statement above and release TWCS from any and all liability for the unintentional exposure or harm due to COVID-19.

TWCS agrees to abide by these standards and affirms the same.

Full Name of student:

Signature (of parent/ guardian/carer for students below 16 years):

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Please read this document carefully. If you have any queries about anything that is in this document, please ask the instructor to explain its meaning to you. Once signed please present this document to the relevant branch instructor. If you do not sign this document, you will be unable to enter and train.