

**GYMNASTICS NOVA SCOTIA  
DECLARATION OF COMPLIANCE – COVID-19**

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 [*GymNation Gymnastics 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 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:

- 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** If the participant was diagnosed with COVID-19, the participant was cleared as noncontagious by provincial or local public health authorities more than 14 days 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, nor has anyone in the participant's household, experienced cold or flu-like symptoms in the last 14 days (including fever, cough, sore throat, shortness of breath, respiratory illness, difficulty breathing).

6) If the participant experiences, or if anyone in the participant’s household experiences, any cold or flu-like symptoms after submitting this Declaration of Compliance, the participant will immediately isolate and not attend any of the Organization’s facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.

7) The participant has not, nor has any member of the participant’s household, travelled to, or had a lay-over in any country outside Canada, or in any province outside of Nova Scotia in the past 14 days. If the participant travels, or if anyone in the participant’s household travels, outside the Province of Nova Scotia 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 have passed since the date of return.

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

8) 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.

9) 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.

10) 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.

11) 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**

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:**

- healthy people who must cross the Nova Scotia land border on a regular and ongoing basis for work, including:
  - health care workers
  - community service workers (including child protection workers and transition house workers)
  - critical infrastructure workers
  - law enforcement and corrections workers
- healthy medical supply or pharmaceutical workers
- people visiting Nova Scotia for essential medical care, plus one support person travelling with them
- medical supply or pharmaceutical workers
- members of the Canadian Armed Forces, Coast Guard and RCMP
- first responders, including police, fire and EHS paramedic workers
- healthy trade and transportation workers, including:
  - truck drivers
  - airline, marine vessel or train crew, maintenance and operational staff

### **Canadian Exemptions to travel restrictions**

The continued global movement of goods and people and the ongoing delivery of essential services will be important for Canada's response to COVID-19.

Several categories of people are [exempted](#) from this order because they provide critical services, if they have **no symptoms**. These include people who:

- are making necessary medical deliveries required for patient care, such as:
  - cells
  - organs
  - tissues
  - blood and blood products
  - other similar lifesaving human body parts
- work in the trade and transportation sector who are important for the movement of goods and people, including:
  - truck drivers
  - crew on any plane, train or marine vessel
- cross the border regularly to go to work, including in the health care sector or critical infrastructure workers
- have to cross the border to provide or receive essential services, including emergency responders and personnel providing essential services to Canadians related to the COVID-19 outbreak

Workers in these sectors should:

- practice [physical \(social\) distancing](#) (maintain a distance of 2 meters from others)
- closely **self-monitor**

Should they exhibit any symptoms, they must isolate and contact their local public health authority.