

Health Declaration for Redland Bridge Club

Name: Date: Temperature:

INSTRUCTION: IF any answer is **YES** to any question **DO NOT PROCEED** into the Club premises.

I am a confirmed case of Covid-19 (Coronavirus)	YES	NO
In the last 14 days I have had contact with a confirmed case of Covid-19	YES	NO
In the last 14 days I have returned from ANY overseas or Victorian destinations	YES	NO
In the last 14 days I have had contact with someone who has returned from ANY overseas or Victorian destination	YES	NO
In the last 14 days I have travelled beyond the legal distance permitted from my home	YES	NO
In the last 14 days I have had close contact with someone beyond the legal distance permitted from my home	YES	NO
In the last 14 days I have had close contact with someone with flu-like symptoms (i.e. fever, cough, sore throat, runny nose, fatigue, difficulty breathing)	YES	NO
I am suffering from flu-like symptoms (or have in the last 48 hours) which may include: <ul style="list-style-type: none"> • Fever • Cough • Fatigue • Sore throat • Runny nose or stuffy nose • Headache, aches, and pains • Breathing difficulty 	YES	NO
I (or anyone in my household) do not suffer from compromised immunity, chronic medical conditions of heart, lungs, kidneys, poorly controlled diabetes, or poorly controlled hypertension (blood pressure), high dose corticosteroids, cancer **	YES	NO

**** Note:** Please self-identify if you have any medical or other condition not listed here that has the potential to compromise the health of yourself, a family member or Club members by attending Club sessions.

Please note these definitions when answering the Questionnaire and considering your fitness to Enter the Club:

- **Flu-Like or Covid-19 symptoms** include fever, cough, sore throat, runny nose, headache, fatigue, difficulty breathing. May include loss of taste and/or smell.
- **Close contact** means: 15 minutes or more face-to-face (within 1.5 metres) contact with a person or being in a confined space with a person for 2 hours or more.
- **Social Distancing:** Staying more than 1.5 m. away from people in the community. Not being in a confined space with a person for 2 hours or more. This excludes people you are directly living with in your home.

I declare that all information given in this form is true and correct

Member Name	Signature	Date

Medication impacting fever: Medication such as Paracetamol and Ibuprofen help to lower a fever. You may be taking this for ailments unrelated to flu/Covid19. Wherever possible, please take this medication when you get to the Club so that it does not impact the temperature checks.