

Coronavirus (COVID-19) Health Questionnaire

The World Health Organisation declared the Coronavirus (COVID-19) a Global Health Emergency on the 30th January 2020 and Pandemic on 11th March 2020. Beccles Taekwon-do Club will take reasonable, proportionate steps in accordance with published guidance, to respond to the current (known) risks associated with the virus. It is important that any person who trains is medically and physically fit and is not a danger to themselves or the health and safety of others. If you are not sure, you should seek medical guidance from NHS 111 <https://111.nhs.uk/covid-19/>

Question please tick your answer	Yes	No
Have you travelled internationally and returned to the UK, in the last 14 days?		
Have you knowingly been in contact with anyone who has returned from overseas in the last 14 days?		
Have you had contact with person(s) with flu-like symptoms in the last 14 days?		
Have you been exposed to a confirmed case of Coronavirus in the last 14 days ?		

Do you have any of the following symptoms? (please tick all that apply)	Yes	No
Fever		
Stuffy nose		
Fatigue		
Continuous cough		
Sore throat		
Muscle / and or joint pain		
Running nose		
Loss or change to your sense of smell or taste		
Vomiting		
Diarrhoea		
Breathing difficulty		

If you answered "YES" to any of the above questions or symptoms:

- Access to the lesson is denied
- The UK Government advises that you must self-isolate for 14 days to help limit the spread of viruses
- If you have any concerns about your health and COVID-19, please call NHS 111
- If you are tested for COVID-19 and it is confirmed, you must immediately advise us.

Emergency Contact Details

Name:	
Relationship:	
Contact Number:	

I warrant that, to my knowledge, I am medically and physically fit and able to undertake and participate in Taekwondo activities and will not be a danger to myself or to the health and safety of others.

I understand that while at the venue, participating in Taekwondo (and before and after training), I must ensure I undertake and comply with social distancing and exemplary hygiene measures.

I acknowledge that I undertake all activities at my own risk and Bungay Taekwondo Club have not and cannot make any representation or guarantee that attending the venue or participating in training is free from risk.

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

Name: _____

Signature: _____ Date: _____

Parent/carer if under 18