



# HEALTH DECLARATION

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)	<b>YES</b>	<b>NO</b>
In the last 14 days I have had contact with a confirmed case of Covid-19	<b>YES</b>	<b>NO</b>
In the last 14 days I have returned from <b>ANY</b> overseas or interstate destinations	<b>YES</b>	<b>NO</b>
In the last 14 days I have had contact with someone who has returned from <b>ANY</b> overseas or interstate destinations	<b>YES</b>	<b>NO</b>
In the last 14 days I have travelled beyond the legal distance permitted from my home	<b>YES</b>	<b>NO</b>
In the last 14 days I have had <b>close contact</b> with someone beyond the legal distance permitted from my home	<b>YES</b>	<b>NO</b>
In the last 14 days I have had had <b>close contact</b> with someone with flu-like symptoms (i.e. fever, cough, sore throat, runny nose, fatigue, difficulty breathing)	<b>YES</b>	<b>NO</b>
I am suffering from flu-like symptoms (or have in the last 48 hours) which may include: <ul style="list-style-type: none"> <li>• Fever</li> <li>• Cough</li> <li>• Sore throat</li> <li>• Running nose or stuffy nose</li> <li>• Headache, aches and pains</li> <li>• Breathing difficulty</li> </ul>	<b>YES</b>	<b>NO</b>
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**		

**\*\*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 Health Declaration 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.

<b>I declare that all the information given in this form is true and correct</b>	<b>Signature</b>

**Medication impacting fever:** Medication such as Paracetamol and Ibuprofen help to lower a fever. You may be taking this for ailments unrelated to flu/Covid-19. Wherever possible, please take this medication when you get to the Club so that it does not impact the temperature checks.