

## Vernon Vortex COVID -19 Wellness Waiver

By signing the following, you acknowledge you are healthy and safe to participate in practices with the Vernon Speed skating club.

Before arriving at practice, skaters must ask themselves the following questions:

A: Do you have ANY of the following symptoms?

- Fever
- Shortness of breath
- New or worsening cough

B: Are you experiencing a new onset of ANY of the following symptoms?

- Sore throat
- Runny/stuffy nose
- Headaches
- Body aches
- Fatigue
- Loss of sense of smell and/or taste
- Gastrointestinal symptoms (diarrhea, vomiting)

If you answered YES to any of the questions,

- DO NOT attend practice
- If severe enough, call 811 or your Family Doctor

If you answered NO to the above questions, please sign below confirming you are well enough to attend practice:

\_\_\_\_\_  
Skater name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Skater or parent signature if skater under 19

\_\_\_\_\_  
phone number