



Health Status Declaration Covid-19

I confirm that;

- I have not shown or had any symptoms of Covid-19 and that I am in good health.
- I am not self-isolating due to exposure to a person infected with Covid.
- I have not been requested to self-isolate as part of the formal NHS test and trace programme .
- I have not recently returned to / arrived into the UK from abroad. The only exception if you are returning from a country on the official government exempt list (Government website <https://tinyurl.com/y9fvqdek>)
- If I do test positive will complete the UKA COVID-19 tracking form <https://www.uka.org.uk/governance/health-safety/covid-19-form/>

I will inform the run leaders, if I have any Covid symptoms or have a positive Covid test after attending a club training session.

The group ensures your contact details are available and you are aware that these will be shared upon request of the NHS trace and track programme.