



# HED TKD

[www.hedtkd.com](http://www.hedtkd.com)  
webenqs@hedtkd.com

## TAE KWON-DO SCHOOLS

### Covid 19: TRACK & TRACE Declaration

**You MUST complete this form & submit it to us by e-mail before every class.** Send it attached to an e-mail to [webenqs@hedtkd.com](mailto:webenqs@hedtkd.com). Your email must be entitled “\_club\_, Track & Trace doc, \_ your name \_”, before you attend that class. Example email title is: **Reading TKD, Track & Trace doc, Miss Jackie Marie**

**You must repeat-sign & re-email this form below to us before every class & keep it with you at all times, No form, No class.**

The safety of our members, the public, everyone and the facility are HED TKD’s priority. To help prevent the spread of COVID-19 & reduce the potential risk of exposure to everyone, we have created this form for you to complete before every session. Your participation is important, enabling us to take necessary precautionary measures to protect you & everyone else. You agree to all conditions and any/all updates as they are made refer to the latest form on [www.hedtkd.com](http://www.hedtkd.com) & that info can be shared with track & trace applications.

#### Your Declaration & Practical instructions (Parents/Carer declares full responsibility for minors);

- You are not aware of personally having any Covid 19 symptoms &/or issue at the time of entry and not for at least 8 days previous to this (today's) date.
- You are not self-isolating due to being critically ill nor critically vulnerable for any other purpose nor living with or being to close to anyone who is currently self-isolating.
- You have not been in contact by track and trace and/or asked to self-isolate.
- There will be no access to toilets &/or showers and you must come changed and ready to train and/or spectate and enter/leave by designated routes. (venue rules will apply).
- Wash hands and yourself/clothing thoroughly and observe government guidelines & our spacing, cleaning & other regulations, guidelines and/or instructions.
- You must have at least 2m spacing atm & must clean/disinfect anything you touch at the venue such as a chair).
- Wear clean training shoes for your training unless we say otherwise. You must wear clean clothing each session.
- Stay in the space you are allocated with your belongings & please do not leave that space unless/until agreed with the instructor.
- No shouting nor raising voice (this minimises transmission).
- Bring only essentials with you & take your own rubbish home with you for disposal so tissues, wipes, clothing etc.
- Bring sanitiser/wipes and use before you enter during and after you leave.
- If for any reason, then to keep people safe you agree to leave & our instructors may even close the session.
- HED TKD Rules/Regs apply. (Including that Parents/Carers are always responsible for their minor children).
- You must be Adult (18 & over), complete below & e-mail this form to us before every session you attend.

Name: \_\_\_\_\_

E-Mail (parents) \_\_\_\_\_

Addr: \_\_\_\_\_

Tel: No. (parent) \_\_\_\_\_

<u>Day &amp; Date</u>	<u>Session Time attending</u>	<u>Signature</u>	

\*\* As instructions complete, sign & e-mail us [webenqs@hedtkd.com](mailto:webenqs@hedtkd.com). entitled “\_club\_, Track & Trace doc, \_ your name \_”.  
An example e-mail title is: **Reading TKD, Track & Trace doc, Miss Jackie Marie**  
No form, no session: HED TKD rules / regs apply \*\*