

**GYMNASTICS NOVA SCOTIA**  
**DECLARATION OF COMPLIANCE – COVID-19 – FINAL V.12 – June 30<sup>th</sup>, 2021**

Participant Name (print): \_\_\_\_\_

Participant's Parent/Guardian \_\_\_\_\_  
(if the participant is younger than 18 years old)

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

**WARNING!**

ALL PARTICIPANTS ENTERING THE FACILITY MUST COMPLY WITH THIS DECLARATION

Gymnastics Nova Scotia and **[insert Club]** (collectively the "Organization") require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

A participant (or the participant's parent/guardian, if the participant is younger than 18 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the participant named above and the participant's parent/guardian (if the participant is younger than 18 years old), hereby acknowledge and agree to the terms outlined in this document **unless I was instructed otherwise by a doctor or by visiting:**  
<https://www.nshealth.ca/coronavirus-assessment>

- 1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all participants (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The participant has not been diagnosed with COVID-19 or is not waiting for a Covid test result. If the participant was diagnosed with COVID-19, the participant must be symptom free and have completed the provincial or local public health authorities 14-day self-isolation requirements prior to the date this Declaration of Compliance was signed.
- 3) The participant has not been exposed to a person with a confirmed or suspected case of COVID-19. However, if the participant was exposed to a person with a confirmed case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
- 4) The participant is attending or participating voluntarily and understands the risks associated with COVID-19. The participant (or the participant's parent/guardian, on behalf of the participant (when applicable) agrees to assume those risks, including but not limited to exposure and being infected.
- 5) The participant has not experienced cold or flu-like symptoms in the last 48 hours (including new or worsening – fever or cough, or 2 or more of the following symptoms - sore throat, shortness of breath, Runny nose/nasal congestion, and unexplained headache).

- 6) If the participant experiences any cold or flu-like symptoms after submitting this Declaration of Compliance, the participant will contact the coronavirus assessment centre at: <https://www.nshealth.ca/coronavirus-assessment>. You will be advised if you need to be tested for COVID-19. Household contacts, including siblings, do not need to stay home if they do not have any symptoms.
- If a COVID-19 test is required, the participant will need to stay home until the test results come back.
  - If a test is not required or is negative, the participant may return when they are feeling better with no fever medication for 24 hours (or only a mild clear runny nose). Repeat the assessment for any new or worsening symptoms.
  - If the test is positive, public health will follow up and provide support and will advise when the participant can return.
  - If public health tells a participant that they are considered a close contact of someone with COVID-19, they will need to stay home for 14 days. Household contacts of that participant do not need to stay home unless they are also a close contact of someone with COVID-19.
- 7) The participant or household contact has not travelled outside of **Atlantic Canada** for non-essential reasons in the past 14 days. If the participant or household contact (who cannot self-isolate) does travel, outside of **Atlantic Canada** for non-essential reasons after submitting this Declaration of Compliance, the participant will not attend any of the Organization’s facilities, activities, programs or services unless their self isolation is complete based on vaccination status and testing as per Public Health guidelines – see page 4.
- \*\*Please refer to exemptions to this rule on page 3 of this document as per Nova Scotia – exemption from self-isolation.***
- 8) The participant is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, frequent handwashing, and otherwise limiting exposure to COVID-19.
- 9) The participant will follow the safety, physical distancing, and hygiene protocols of the Organization as posted at the time this document is signed and agrees to follow any amendments or changes as they are made and posted, on either the Organization’s website or, on site at the Organization’s premises.
- 10) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.
- 11) The Organization may remove the participant from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the participant is no longer in compliance with any of the compliance standards described in this document. The removal may be up to a two-week suspension and that no reimbursement of fees shall be provided for the suspension period.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Participant (If 18 and over)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent/Guardian (if the participant is younger than 18 years old)

## Nova Scotia - Exemptions from self-isolation

Some people are exempt from the self-isolation requirement. Most exempt travellers need to follow the [COVID-19 Exempt traveller Protocol \(PDF 165 kB\)](#) when entering Nova Scotia. You also need to apply to travel to Nova Scotia by completing the [Safe Check-in Form](#) before you travel to the province. If you travel for personal reasons (like vacation or visiting), you're not exempt and may need to self-isolate when you arrive in Nova Scotia from outside Atlantic Canada. Self-isolation requirements are based on vaccination status and testing. Even if you're exempt, you need to follow public health measures while you're in Nova Scotia, including following [social distancing guidelines](#), watching for [COVID-19 symptoms](#) and self-isolating if you start to feel sick.

People who are exempt from the self-isolation requirement include:

- residents of Atlantic Canada when they travel within Nova Scotia, New Brunswick, Prince Edward Island or Newfoundland and Labrador
- people from outside Atlantic Canada who have already self-isolated for 14 days in New Brunswick, Prince Edward Island or Newfoundland and Labrador before they enter Nova Scotia
- visiting or leaving Nova Scotia to drop off or pick-up children under a joint custody order or agreement if both the children and the person bringing them don't have COVID-19 symptoms if they follow the [COVID-19 Child Custody Protocol \(PDF\)](#)
- people who travel from outside Atlantic Canada (but within Canada) who are fully vaccinated (2 doses of COVID-19 vaccine) at least 14 days before arriving in or returning to Nova Scotia
- people visiting or leaving Nova Scotia for essential health services, plus support people travelling with them; they need to follow the [COVID-19 Exempt traveller Protocol \(PDF\)](#)
- people participating in a legal proceeding in Nova Scotia (including the accused, victim, witness, lawyer or party in the proceeding); they need to follow the [COVID-19 Exempt traveller Protocol \(PDF\)](#)
- workers who are essential to the movement of people and goods, and who must enter Nova Scotia as part of their work duties or training required for their jobs (not for personal reasons or other types of work); they need to follow the [COVID-19 Exempt traveller Protocol \(PDF\)](#)
  - trade and transportation workers who are employed in the movement of goods or people across the Nova Scotia border, including truck drivers, crew, maintenance and operational workers on any plane, train or ship
  - airline crew who live in Nova Scotia and are required to deadhead as part of their work duties (flying as a passenger on one flight to work as crew on another flight)
  - Canadian Armed Forces and Canadian Defence Team personnel, Coast Guard, Royal Canadian Mounted Police (RCMP), Canadian Border Services Agency and Canadian Security Intelligence Service
  - first responders, including police, fire, Emergency Health Services (EHS) paramedic workers and essential healthcare workers
  - essential healthcare workers who travel to and from Nova Scotia and another province or territory to provide temporary support like locums

## Public Health Self-Isolation requirements based on your vaccination status and testing guidelines

- a. fully vaccinated (2 doses of COVID-19 vaccine) at least 14 days before arriving in Nova Scotia – you don't need to self-isolate; testing is recommended
- b. partially vaccinated (first dose of COVID-19 vaccine) at least 14 days before arriving in Nova Scotia – you must self-isolate for 7 days and receive 2 negative tests results in order to leave self-isolation after 7 days

- c. not vaccinated (0 doses of COVID-19 vaccine) at least 14 days before arriving in Nova Scotia – you must self-isolate for 14 days; testing is recommended at the start and end of your self-isolation
- d. household contact (that is not a rotational worker or a traveler exempt from isolation) who has travelled outside of Atlantic Canada within 14 days - subject to the same requirements as noted above based on the vaccination status of the of the household contact.