

Self-declaration by Participants of Organised Meets Clwyd Mountaineering Club

issue 1, dated 20 April 2021

All participants must agree to the following:

- I will tell the event organiser my name and phone number.
- I have not had symptoms of COVID-19 (new persistent dry cough, fever, loss of taste or smell) in the last 10 days.
- I have not had a positive test for COVID-19 in the last 10 days.
- No member of my household has had symptoms of COVID-19 or has tested positive for COVID-19 in the last 14 days.
- I have not been contacted by a contact tracer from the *Test, Trace and Protect* programme and told to isolate during the last 14 days as a contact of someone with confirmed COVID-19.
- I have not returned from a country outside of the UK in the last 14 days.
- I take note of the Welsh Government recommendation not to car share with people from outside my household.
- I take note of the Welsh Government recommendation not to use public transport unless necessary and requirement to wear face covering when on public transport.
- I take note of the Welsh Government recommendation to be vaccinated for COVID-19 when invited to do so.
- I will carry hand sanitizer and a face covering.
- I take note of advice to carry disposable gloves, in case first aid is needed to someone.
- I will stay 2m apart from people outside of my household. Where this is not possible (such as when passing people on a narrow path with no room to stand aside), I will turn my face away from others, if safe to do so.
- I will not share food, drink or equipment (other than climbing equipment) with anyone from another household.
- I will use hand sanitizer after handling gates, stiles or shared climbing equipment.
- Climbing equipment will afterwards either be washed in warm, soapy water or quarantined for 72 hours.
- If I develop symptoms of COVID-19 after the meet, I will contact NHS Wales *Test, Trace and Protect* and also inform the COVID Officer.