

COVID-19 HEALTH CHECK. Please sign this form within 10 days before the Event. We will have Marshalls on site who will verify every individual's Health Check form is complete. To avoid unnecessary delays, this form must be completed before event day.

If you have had a COVID-19 test in the last 10 days, please wait until you have your results before signing this waiver.

If you have any concerns about your health and COVID-19, please call NHS 111

I confirm that within the last 10 days I (or someone I live with) have not been unwell with any of the following symptoms:

- A high temperature (above 37.8C)
- A new, continuous cough (frequent coughing each hour at least 3 times a day)
- A loss of, or change to, my sense of smell or taste

If I (or someone I live with) have demonstrated any of the above symptoms, I will follow NHS and PHE guidance on self-isolation and not attend the event.

I have not knowingly had contact with someone who has tested COVID-19 positive in the last 10 days.

I have not been instructed to self-isolate by NHS 111 contact tracing or my employer.

I have not travelled internationally from or through a county or region identified as requiring quarantine within the last 10 days - <https://www.gov.uk/foreign-travel-advice> (list of current countries - subject to change).

I have not been tested for COVID-19 in the last 10 days and I'm now waiting the results.

I also confirm that in light of recent restrictions on movement I am suitably fit to attend the event.

I declare that all the information given in this form is accurate and correct.

The information in this document is held subject to the event organisers' privacy policy and will be shared with NHS Test and Trace upon request. More information about NHS Test and Trace (England) can be found [here](#)

NHS Test and Protect (Scotland) can be found [here](#)

NHS Test, Trace, Protect (Wales) can be found [here](#).