# Covid Precaution Checklist and Waiver

## June 2020

The instructor and every student must attest to meeting each of the following requirements before attending any classroom or boating activities.

By signing below, I _____ confirm that I:

- ❑ Performed the BC Self Assessment online today at https://bc.thrive.health/covid19/en and received a result of *You don't appear to have symptoms of COVID-19*
- ❑ Agree to perform the self test each day of classes
- ❑ Have been in BC for the past 14 days
- ❑ Do not have any cold or flu symptoms, not even the sniffles
- ❑ Agree to maintain 6 feet of distance from the instructor and fellow students whenever possible
- ❑ When 6 feet of distance is not possible, agree to wear a mask and/or pass back to back
- ❑ Agree to use hand sanitizer (provided) upon entering the classroom or boat cabin every time
- ❑ Have had no contact with someone with Covid in the past 14 days
- ❑ Will report any symptoms of Covid that occur in the next 3 days to Simply Sailing
- ❑ Allow the information in this waiver to be shared with the other students in my course
- ❑ Understand that taking sailing lessons during a global pandemic carries inherent risk of potential Covid transmission from instructors and fellow students. I understand the risk, and I still choose to participate in sailing courses at Simply Sailing at this time.
- ❑ Understand that I will not be required to sail with others if I feel uncomfortable with the risk at any time.

| Full Name | Signature | Date |
|---|---|---|

The classroom will be set up with adequate physical space between desks.. All materials will be on the desk, and should be left on the desk after writing the exam, rather than handed in to the instructor. Desks and high touch surfaces will be sanitized before and after every classroom session.

High touch surfaces on boats will be sanitized before and after classes. Only one crew may be inside the boat cabin at one time. As much of the class as possible will be conducted outdoors. Lunches will be eaten away from the boat. Crews will rotate positions clockwise and avoid physical contact at all times. Use on shore bathroom facilities whenever possible.

Thank you for participating in our efforts to limit covid transmission contacts in our community.

The Simply Sailing Team
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