PRE-EVENT HEALTH DECLARATION - COMPETITORS

**ALL COMPETITORS ARE REQUIRED TO SUBMIT A PRE-EVENT HEALTH DECLARATION AND TO BE**

**PROVIDED WITH THE COVID-19 INFORMATION BELOW. THIS INFORMATION MUST BE COMPLETED BEFORE THE EVENT. IT IS RECOMMENDED THAT THIS INFORMATION IS COLLECTED ELECTRONICALLY.**

**IT IS NOT RECOMMENDED THAT PRE-EVENT HEALTH DECLARATIONS ARE COMPLETED AT THE EVENT.**

**FAILURE TO COMPLETE THIS FORM MAY RESULT IN EVENT CANCELLATION**

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| **Date form completed** |  |
| **Name** |  |
| **Contact telephone number** |  |
| **Event name** |  |
| **Event date** |  |

I confirm that within the last 14 days I (or someone I live with) have not been unwell with any of the

following symptoms:

• A high temperature

• A new, continuous cough

• 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](https://www.gov.uk/search/all?keywords=SELF+ISOLATION&order=relevance) and not attend the event.

Since January 2020, if you have tested positive for Covid-19:

• If you were hospitalised due to Covid-19, you should undergo a form of health screening prior to

taking part in a triathlon or multisport. This screening is best led by a doctor with specialist

training in sports medicine. However other doctors may feel competent to make decisions on your

fitness to compete and to decide any appropriate investigations that might be required.

• If you were not hospitalised due to Covid-19, but self-isolated having tested positive or shown

symptoms at any time, you are also recommended to undergo a form of screening.

• If you have felt entirely well during the pandemic, you are not routinely recommended to

undergo health screening, but it is something to be considered as part of your normal health

monitoring for the health-conscious competitor.

Your GP should be able to guide you on what level of screening you may require, and who is the best

person to assist you in the process.

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

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| --- | --- |
| PRINT NAME | SIGN+DATE |

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](https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works), NHS Test and Protect.