



# Canada

## 2021 CORK International Regatta & Sail Canada Youth Championships, Club 420, **International-420**

*CORK/Sail Kingston*

July 26-29, 2021  
Portsmouth Olympic Harbour  
Kingston, Ontario, Canada

### Notice of Race (NoR)

**Revision 1 removed the International 420 class (June 23, 2021)**

**Revision 2 added early arrival on site (July 19, 2021)**

The notation *[NP]* in a rule means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a).

#### 1 RULES

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2 *[DP]*RRS 40.1 applies and is amended so that it applies at all times while afloat.
- 1.3 The following national prescription may require advance preparation:  
RRS 46 – Person in Charge – *Sail Canada prescribes that the designated person in charge, if resident in Canada, shall be a member of Sail Canada through either a club affiliated to Sail Canada or such person's Provincial Sailing Association.*
- 1.4 RRS Appendix P, Special Procedures for RRS 42 will apply.
- 1.5 RRS Appendix T "Arbitration" will apply.
- 1.6 The Sail Canada Prescriptions can be found at [https://www.sailing.ca/uploads/2020/10/Sail-Canada-Prescriptions-to-the-RRS\\_2021-2024.pdf](https://www.sailing.ca/uploads/2020/10/Sail-Canada-Prescriptions-to-the-RRS_2021-2024.pdf)
- 1.7 *[DP]*Protocols related to COVID-19 may be published at any time, state when they will take effect, and will state if they have the status of a rule.
- 1.8 The CORK code of conduct applies <http://www.cork.org/wp-content/uploads/2021/06/CODE-OF-CONDUCT-v21.02.05.pdf>

#### 2 SAILING INSTRUCTIONS

CORK/Sail Kingston  
Portsmouth Olympic Harbour 53 Yonge St. Kingston, ON, K7M 6G4  
Phone: (613) 545-1322 Email: [sail@cork.org](mailto:sail@cork.org)

2.1 The sailing instructions will consist of the instructions in RRS Appendix S, Standard Sailing Instructions, and supplementary sailing instructions (SSI) that will be posted on the online official notice board.

### **3 COMMUNICATION**

3.1 The online official notice board is located at:

<https://www.racingrulesofsailing.org/documents/1583/event>

3.2 [DP]While racing, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

### **4 COVID-19 NOTICE**

4.1 It is the intention and goal of the organizing authority to hold this event as scheduled. As everyone can recognize, the COVID-19 pandemic is ongoing, and many travel restrictions have been in place for some time. Although the organizers are hopeful for improvements, the situation remains dynamic, and it is not clear what changes in circumstances will occur as we move forward. The situation is being regularly monitored and any decisions that are made affecting the schedule of the event will be communicated with applicants as soon as possible after being made.

4.2 Event organizers cannot provide guarantees against potential travel restrictions for any specific individuals at any time. As we move through the application and entry process, **it is up to each potential competitor to evaluate his or her personal situation and make logistical and financial decisions about their ability to participate and the possible risks involved.**

### **5 ELIGIBILITY AND ENTRY**

5.1 The regatta is open to all boats of the Club 420 class ~~and International 420 classes.~~

5.2 Eligible boats may enter by completing the online form and submitting it through the event website [www.cork.org](http://www.cork.org)

5.3 Each competitor under 18 years of age must produce a completed PARENT/GUARDIAN acknowledgement and acceptance of risk document (Appendix 1). Each competitor aged 18 or older must produce a completed waiver and release of liability document (Appendix 2).

5.4 Event entry process

- Due to COVID there might be a restriction to the number of entries for this event.
- Entry process for international competitors contact CORK at [sail@cork.org](mailto:sail@cork.org)
- Entry process can be found [here](#) for the Sail Canada Youth Championships.
- Complete COVID-19 pre-event attestation form (Appendix 5)
- Present checklist at regatta check in point in the boat park.

5.5 Daily participation safety requirements

- Complete daily attestation form (Appendix 6)
- Daily Check-out / check-in process as described in the SSI's.

### **6 FEES AND REFUNDS**

6.1 The fees are CAD \$435+ 13% HST per boat.

6.2 The entry fee covers racing, \$25 per person Sail Canada Regatta fee and a regatta souvenir.

6.3 In the case of event cancellation or postponement by CORK, all fees except for bank charges will be refunded.

6.4 All fees except for bank charges will be refunded to boats that cancel prior to 20 July 2021.

### **7 [DP]ADVERTISING**

7.1 Boats may be required to display advertising chosen and supplied by the organizing authority. If this rule is broken, World Sailing Regulation 20.9.2 applies.

### **8 QUALIFYING SERIES AND FINAL SERIES**

8.1 The regatta may consist of a qualifying series and a final series. The decision will be made on **July 21, 2021.**

**9 SCHEDULE**

Date	Time	Event
<del>Monday July 26</del> Sunday July 25		Venue will open for competitors. An earlier arrival must be coordinated with the Portsmouth Olympic Harbour Marina Office and may be subject to a daily fee.
Monday July 26	0900 – 1100	Competitor and Coach Registration and check-in at POH (CORK registration desk)
	1100	Opening welcome
	1115	Coaches meeting
	1300	Warning signal of first race of the day (2 races scheduled)
Tuesday July 27	0915	Coaches meeting
	1100	Warning signal of first race of the day (3 races scheduled)
Wednesday July 28	0915	Coaches meeting
	1100	Warning signal of first race of the day (3 races scheduled)
Thursday July 29	0915	Coaches meeting
	1100	Warning signal of first race of the day (3 races scheduled)
	1500	No warning signal after this time
	After Racing	Awards

9.1 The race committee may run one extra race on a day provided that they do not get more than one race ahead of schedule.

**10 VENUE**

10.1 Sailing will be in Lake Ontario South of Portsmouth Olympic Harbour.

**11 COURSES**

11.1 The courses to be sailed will be either windward/leeward or trapezoid.

**12 SCORING**

12.1 One race is required to constitute a series.

12.2 When fewer than 5 races have been completed, a boat's series score will be the total of her race scores.

12.3 When from 5 to 11 races have been completed, a boat's series score will be her total of her race scores excluding her worst score.

12.4 Eleven races are scheduled.

**13 [DP] [NP]SUPPORT PERSONNEL AND VESSELS**

13.1 Due to the COVID-19 restrictions the number of support persons at the event site and near the course area will be limited. Access will be as outlined in NoR 5.4 on the order of registration. Support persons shall register online and if their entry is approved, present a form (Appendix 4) containing the boats they are supporting to the onsite check in point at the boat park.

13.2 All support persons shall comply with CORK's Support Team Regulations <http://www.cork.org/wp-content/uploads/2021/06/CORK-Support-Team-Regulations-v2.pdf>

13.3 Support persons are required to monitor the CORK course channel on their VHF radios and be available to assist with safety when requested. The VHF channel will be stated in the SSI's.

13.4 Coaches are expected to attend the coaches meeting each morning. The SSI's may give additional requirements for support persons on the water.

**14 [DP]BERTHING**

14.1 Boats shall be kept in their assigned places/ area while they are in the boat park.

## 15 **DISCLAIMER OF LIABILITY AND RISK STATEMENT**

RRS 3 of the Racing Rules of Sailing states: "The responsibility for a boat's decision to participate in a race or to continue *racing* is hers alone." Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

- (a) They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event.
- (b) They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore.
- (c) They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omission.
- (d) Their boat is in good order, equipped to sail in the event and they are fit to participate.
- (e) The provision of a race management team, patrol boats and other officials and volunteers by the event organizers does not relieve them of their own responsibilities.
- (f) The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.

## 16 **INSURANCE**

16.1 Each participating boat shall be insured with valid third-party liability insurance. The organizing authority does not accept any responsibility for verifying that a boat has valid third-party liability insurance.

## 17 **PRIZES**

17.1 CORK will provide a variety of prizes depending on the number of competitors in the fleet. Some class associations may provide their own additional prizes.

17.2 Sailors born in the year 2003 or later are eligible for Sail Canada Youth Nationals prizes. These prizes are extracted without recalculation from the overall class results.

17.3 Medallions will be awarded to the sailors of the top 3 Sail Canada Youth Nationals finishing boats overall.

17.4 Sail Canada Youth Championships awards will be presented by Sail Canada.

17.5 Other awards may be given.

## 18 **[DP]CONCUSSION AWARENESS**

18.1 Certain aspects of Rowan's Law are in effect. To review current information and requirement, check the Ontario Sailing website: <https://ontariosailing.ca/concussion-information/>

18.2 Competitors and Support Persons under the age of 26, need to:

- confirm they have read the Ministry Approved Concussion Awareness Resource.
- confirm they have reviewed, and committed to, the Ontario Sailing Athlete Concussion Code of Conduct.

## 19 **FURTHER INFORMATION**

19.1 For further information, please contact the CORK office [sail@cork.org](mailto:sail@cork.org) or via phone +1 613 545 1322.

19.2 Additional useful information regarding accommodations, travel, boat charters, equipment services and area recreation are available at [www.cork.org](http://www.cork.org)

19.3 Charter boats may be available; see <http://www.cork.org/charter-boats/>

## 20 **PHOTO AND VIDEO DISCLAIMER**

20.1 By participating in the event, competitors give absolute right and permission for any photograph and video footage taken of themselves or the boat they are sailing during the event to be published in any media whatsoever, for either editorial or advertising purposes or to be used in press information without compensation.

Appendix 1

:



**PARENT/GUARDIAN  
ACKNOWLEDGEMENT AND ACCEPTANCE OF RISKS  
For all sailors and support personnel under the age of 18**

Event: \_\_\_\_\_

Name of (minor) sailor or support person: \_\_\_\_\_

Class: \_\_\_\_\_

Sail number: \_\_\_\_\_

**REMINDER: RRS 3 OF THE RACING RULES OF SAILING STATES: "THE RESPONSIBILITY FOR A BOAT'S DECISION TO PARTICIPATE IN A RACE OR TO CONTINUE RACING IS HERS ALONE."**

This document is to be signed by the parent or guardian of any sailor or support person under the age of 18 (the "Participant" or the "Minor".) Support personnel or support person means any person registered in that capacity with the Organization for the Event, including team leaders, coaches, parents and other such persons who are acting in support of a sailor.

In consideration of the Minor's participation in the event described above (the "Event") hosted by CORK/Sail Kingston Inc. (the "Organization"), I (and my heirs and any legal and personal representatives, executors, administrators, successors, and assigns), agree to the following (the "Agreement"):

**BY SIGNING THIS DOCUMENT, YOU ARE ACKNOWLEDGING AND ACCEPTING ALL OF THE RISKS INHERENT IN THE MINOR'S PARTICIPATION IN THE EVENT, WHETHER ON OR OFF THE WATER.**

1. **RULES AND REGULATIONS:** I agree that the Participant will abide by the rules, regulations, and policies of the Organization (and of any class or sailing association whose rules govern the Event), including any and all COVID-19 related safety measures required by the Organization.
2. **CERTAIN REPRESENTATIONS:** I am the parent or legal guardian of this Participant; said Participant is fit and competent to take part in the Event; their boat is in good order and equipped to participate; the provision of a race management team, patrol boats and other officials and volunteers by the Event organizers does not relieve the Participant or me of their or my own responsibilities; the provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.

3. DRUG TESTING: I consent to the Minor participating in drug testing procedures and, if asked, providing a urine sample under observation for analysis at an accredited laboratory.
4. ACKNOWLEDGMENT OF RISK: I knowingly, willingly, and voluntarily acknowledge the inherent risks associated with the sport of sailing and attendance at an Event, and that participation in any Event involves risks and dangers including, without limitation, the potential for serious bodily injury (including broken bones, head or neck injuries), hypothermia (cold water and air), concussion, sickness, trauma, permanent disability, paralysis and death; loss of or damage to personal property; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with other participants or natural or manmade objects; adverse weather conditions; facilities issues and premises conditions; participants of varying skill levels; situations beyond the immediate control of the Event organizers and competition management; and other undefined, not readily foreseeable and presently unknown risks and dangers ("**Risks**"). .
5. **ASSUMPTION OF RISK: I understand that Risks may be caused in whole or in part or result directly or indirectly from the negligence of the Participant's own actions or inactions, the actions or inactions of others participating in the Event, and I voluntarily and knowingly assume all such Risks and responsibility for any damages, liabilities, losses, or expenses that the Participant incurs as a result of their participation in the Event, whether on or off the water. I also agree to be responsible for any injury or damage caused by the Participant at the Event.**
6. CONFIRMATION RELATED TO CONCUSSION AWARENESS: I have read an Ontario Ministry Approved Concussion Awareness Resource: <https://ontariosailing.ca/concussion-information/> and have reviewed, and committed to, the applicable Ontario Sailing Concussion Code of Conduct
7. USE OF PHOTO AND VIDEO: I give absolute right and permission to the Organization and its agents for any photograph and video footage taken of the Participant or the boat they are sailing during the Event to be published in any media whatsoever, for either editorial or advertising purposes or to be used in press information, without compensation.
8. COMPLETE AGREEMENT AND SEVERABILITY CLAUSE: This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.
9. APPLICABLE LAW AND JURISDICTION: This Agreement shall be governed by the laws of Ontario (and the laws of Canada applicable therein). The parties expressly submit to the exclusive jurisdiction of the courts of Ontario as regards any matter arising from this Agreement and/or participation in the Event.

During the event (**please tick one**):

I will be responsible for the Minor throughout the event, and during the time the Minor is afloat I will be available at the event venue (either on land or on the water).

I appoint the person named below, who has agreed to act in loco parentis, to be responsible for the Minor throughout the event. During the time the Minor is afloat the person acting in loco parentis will be available at the event venue (either on land or on the water). IF A PERSON IS TO ACT IN LOCO PARENTIS PLEASE COMPLETE THE BOX BELOW AND HAVE THAT PERSON SIGN WHERE INDICATED

**I HAVE CAREFULLY READ THIS DOCUMENT IN ITS ENTIRETY, UNDERSTAND ALL OF ITS TERMS AND CONDITIONS, AND KNOW IT CONTAINS AN ACKNOWLEDGEMENT AND ASSUMPTION OF RISK.**

By signing below, I accept and agree to the terms and conditions of this Agreement in connection with participation by the Minor in the Event.

Name of Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_ telephone/mobile: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

Date \_\_\_\_\_

**IF APPLICABLE PLEASE COMPLETE AND HAVE THE PERSON APPOINTED TO ACT IN LOCO PARENTIS SIGN BELOW**

In consideration of allowing the Minor to participate in the Event I agree to act in loco parentis to the Minor and agree and acknowledge that:

- the Minor will abide by the rules, regulations, and policies of the Organization (and of any class or sailing association whose rules govern the Event), including any and all COVID-19 related safety measures required by the Organization, and
- I will be responsible for the Minor throughout the event, and during the time that he/she is afloat

I will be available at the event venue (either on land or on the water).

Name of person appointed to act in loco parentis:

\_\_\_\_\_

telephone/mobile: \_\_\_\_\_

Signature of person acting in loco parentis \_\_\_\_\_ Date

\_\_\_\_\_

:



**WAIVER AND RELEASE OF LIABILITY**  
**For all sailors and support personnel 18 years of age or older**

Event: \_\_\_\_\_

Name of sailor or support person signing below: \_\_\_\_\_

Class: \_\_\_\_\_

Sail number: \_\_\_\_\_

**REMINDER: RRS 4 OF THE RACING RULES OF SAILING STATES: "THE RESPONSIBILITY FOR A BOAT'S DECISION TO PARTICIPATE IN A RACE OR TO CONTINUE RACING IS HERS ALONE."**

**BY SIGNING THIS DOCUMENT, YOU ARE RELEASING CORK AND ITS PERSONNEL FROM ANY AND ALL LIABILITY OR RESPONSIBILITY WHATSOEVER FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH HOWEVER CAUSED, WHETHER ON OR OFF THE WATER, INCLUDING, BUT NOT LIMITED TO, THE NEGLIGENCE OF THE RELEASED PARTIES, WHETHER PASSIVE OR ACTIVE.**

Support personnel or support person means any person registered in that capacity with the Organization for the Event, including team leaders, coaches, parents and other such persons who are acting in support of a sailor.

In consideration of my participation in the event described above (the "Event") hosted by CORK/Sail Kingston Inc. (the "Organization"), I (and my heirs and any legal and personal representatives, executors, administrators, successors, and assigns), agree to the following (the "Agreement"):

1. **RULES AND REGULATIONS:** I agree to abide by the rules, regulations, and policies of the Organization (and of any class or sailing association whose rules govern the Event), including any and all COVID-19 related safety measures required by the Organization.
2. **CERTAIN REPRESENTATIONS:** My boat is in good order, equipped to participate in the Event and I am fit to participate; the provision of a race management team, patrol boats and other officials and volunteers by the Event organizers does not relieve me of my own responsibilities; the provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.
3. **ACKNOWLEDGMENT OF RISK:** I knowingly, willingly, and voluntarily acknowledge the inherent risks associated with the sport of sailing and attendance at an Event, and that participation in any Event involves risks and dangers including, without limitation, the potential for serious bodily injury (including broken bones, head or neck injuries), hypothermia (cold water and air), concussion, sickness,



trauma, permanent disability, paralysis and death; loss of or damage to personal property; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with other participants or natural or manmade objects; adverse weather conditions; facilities issues and premises conditions; participants of varying skill levels; situations beyond the immediate control of the Event organizers and competition management; and other undefined, not readily foreseeable and presently unknown risks and dangers (“Risks”).

4. ASSUMPTION OF RISK: I understand that Risks may be caused in whole or in part or result directly or indirectly from the negligence of my own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties (defined below), and I voluntarily and knowingly assume all such Risks and responsibility for any damages, liabilities, losses, or expenses that I incur as a result of my participation in the Event. I also agree to be responsible for any injury or damage caused by me or any agents under my direction and control at any Event.
5. **RELEASEI release from liability and waive any claims against the Organization, together with its officers, directors, employees, volunteers and agents (the “Released Parties”), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss, or expense (including court costs and reasonable attorney fees) of any kind or nature (“Liability”) which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties, whether passive or active.**
6. CONFIRMATION RELATED TO CONCUSSION AWARENESS: [Applicable only to those under the age of 26] I have read an Ontario Ministry Approved Concussion Awareness Resource: <https://ontariosailing.ca/concussion-information/> and have reviewed, and committed to, the applicable Ontario Sailing Concussion Code of Conduct.
7. USE OF PHOTO AND VIDEO: I give absolute right and permission to the Organization and its agents for any photograph and video footage taken of myself or the boat I am sailing during the Event to be published in any media whatsoever, for either editorial or advertising purposes or to be used in press information, without compensation.
8. COMPLETE AGREEMENT AND SEVERABILITY CLAUSE: This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.
9. APPLICABLE LAW AND JURISDICTION: This Agreement shall be governed by the laws of Ontario (and the laws of Canada applicable therein). The parties expressly submit to the exclusive jurisdiction of the courts of Ontario as regards any matter arising from this Agreement and/or my participation in the Event.

**I HAVE CAREFULLY READ THIS DOCUMENT IN ITS ENTIRETY, UNDERSTAND ALL OF ITS TERMS AND CONDITIONS, AND KNOW IT CONTAINS AN ASSUMPTION OF RISK, RELEASE, AND WAIVER FROM LIABILITY.**

By signing below, I accept and agree to the terms and conditions of this Agreement in connection with my participation in the Event.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## CORK International Regatta & Sail Canada Youth Championships, Club 420 Competitors' checklist



Helm name: \_\_\_\_\_

Crew name: \_\_\_\_\_

Cell phone: \_\_\_\_\_

Sail-number: \_\_\_\_\_

Class: Club 420

### SAFETY

We have ensured that our boat meets the class rule requirement for a towing rope secured to the mast.

### CORK CODE OF CONDUCT

We have read and understood the CORK code of conduct.

### PRE EVENT COVID-19 ATTESTATION FORM

We have submitted the pre-event COVID-19 attestation form.

### FOR HELM ATHLETES UNDER 18 YEARS OF AGE

I, the Parent/guardian of the participant have read, understood and signed the PARENT/GUARDIAN acknowledgement and acceptance of risk document

Parent Guardian name:

Signature and cellphone number of Parent/Guardian:

### FOR CREW ATHLETES UNDER 18 YEARS OF AGE

I, the Parent/guardian of the participant have read, understood and signed the PARENT/GUARDIAN acknowledgement and acceptance of risk document

Parent Guardian name:

Signature and cellphone number of Parent/Guardian:

### FOR HELM ATHLETES 18 YEARS OF AGE OR OLDER

I have read, understood and signed the waiver and release of liability document

Signature and cellphone number of helm:

### FOR CREW ATHLETES 18 YEARS OF AGE OR OLDER

I have read, understood and signed the waiver and release of liability document

Signature and cellphone number of crew:





## COVID-19 Pre-Event Participant Attestation 2021 CORK International Regatta & Sail Canada Youth Championships, Club 420

By signing below, the Participant (named below) and/or the Participant's Guardian represents that the Participant:

1. Has not travelled internationally during the last 14 days;
2. Has not visited a COVID-19 high risk area, region or location in Canada during the last 14 days;
3. Does not knowingly have COVID-19;
4. Is not experiencing known symptoms of COVID-19, such as fever, cough, or shortness of breath, and if experiences such symptoms during the Event will immediately depart from the Event;
5. Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada; and
6. Follows government recommended guidelines in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant's ability during the Event.

I confirm that I have read and fully understand this attestation.

**Participant contact information:**

**Cellphone :**

**Email:**

**Emergency contact:**

**Name:**

**Cellphone:**

**Accommodation during event:**

**Address:**

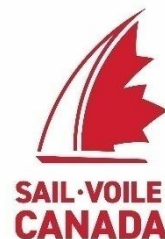
**Print Name:** \_\_\_\_\_  
the "**Participant**"

**Date of Birth:** \_\_\_\_\_  
(mm/dd/yyyy)

**Print Name:** \_\_\_\_\_  
The "**Guardian**" (if Participant is a minor)

**Signature:** \_\_\_\_\_  
Participant or Guardian for minor

**Date:** \_\_\_\_\_  
(mm/dd/yyyy)



### COVID-19 Daily Participant Attestation

## 2021 CORK International Regatta & Sail Canada Youth Championships, Club 420

By signing below, the Participant (named below) or the Participant's Parent/Guardian attests that the Participant:

1. Does not knowingly have COVID-19;
2. Is not experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or malaise;
3. Has not travelled internationally during the past 14 days;
4. Has not frequented a COVID-19 high risk area during the last 14 days;
5. Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada; and
6. Has been following government recommended guidelines in respect of COVID-19, including practicing physical distancing.

Furthermore, by signing below, the Participant or the Participant's Guardian agrees that while attending or participating in the Organization's events or attending at the Organization's facilities, the Participant:

1. Will follow the laws, recommended guidelines, and protocols issued by the Government of the Province in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant's ability while participating in the Organization's events or attending at the Organization's facilities;
2. Will follow the guidelines and protocols mandated by the Organization in respect of COVID-19;
3. Will, in the event that the Participant experiences any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise, immediately:
  - a. inform a representative of the Organization; and
  - b. depart from the event or facility.

### FOR PARTICIPANTS WHO HAVE BEEN DIAGNOSED WITH COVID-19

By signing below, the Participant (named below) or the Participant or the Participant's Guardian attests that the Participant has been diagnosed with COVID-19, but been cleared as noncontagious by provincial or local public health authorities and has provided to the Organization, in conjunction with this COVID-19 ATTESTATION AND AGREEMENT, written confirmation from a medical doctor of the same.

**Print Name:** \_\_\_\_\_  
the "**Participant**"

**Date of Birth:** \_\_\_\_\_  
(mm/dd/yyyy)

**Print Name:** \_\_\_\_\_  
The "**Guardian**" (if Participant is a minor)

**Signature:** \_\_\_\_\_  
Participant or Guardian for minor

**Date:** \_\_\_\_\_  
(mm/dd/yyyy)