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### DECLARATION OF HEALTH

To: Alpine Club of Canada (the “ACC”)  
Name: \_\_\_\_\_ (the “Participant”)  
Name of Program: \_\_\_\_\_ (the “Program”)

I, the Participant or Instructional Leader, do hereby confirm to ACC Vancouver that:

1. I have not travelled internationally with in the last 14 days or been in contact with someone who has;
2. I have not felt or shown symptoms of COVID-19 (including but not limited to cough, fever, shortness of breath, runny nose, or sore throat) that are not related to a pre-existing illness or health condition within the last 14 days;
3. I have not come into contact with someone testing positive for COVID-19 or someone showing signs and symptoms of COVID-19 in the past 14 days leading up to my trip date;
4. I have not attended a large social gathering within 14 days before my trip date;
5. I have read, understood and agree to comply with all health-related rules, ACC Vancouver Covid-19 Safety Plan, procedures and regulations set by the ACC Vancouver or any ACC Instructional Leader or guides instructing on behalf of the ACC Vancouver, before, during and after the Program.

Dated this \_\_\_ day of \_\_\_\_\_, 2021.

Signature \_\_\_\_\_