



## SELF DECLARATION REGARDING COVID 19



GUARDIAN / COACH / PARENT	
FAMILY NAME	NAME
FIV CARD	

SAILOR	SAILING NUMBER
FAMILY NAME	NAME
FIV CARD	

The undersigned \_\_\_\_\_ as the legal guardian of the sailor \_\_\_\_\_ during the 38<sup>th</sup> Lake Garda Meeting Optimist, from 20 to 23 of August 2020.

### DECLARES

- To measure the body temperature every day verifying it's lower than 37.5° C
- To be informed that in case of fever over 37,5°C or others flu symptoms the sailor is not allowed to leave his/her own domicile
- To be informed that in case of arising of flu symptoms, it's compulsory to go back to the domicile;
- To not have had direct contacts with people resulted positive to Covid-19
- To not have travelled from/to nations with quarantine period
- To respect all the dispositions and hygiene rules to avoid the spread of Covid-19

Date

Signature

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