

RSCDS Hamilton Branch Dancer's Agreement

2021-2022

- All in-person attendees must show proof that they are fully vaccinated. A person is considered fully vaccinated against COVID-19 two weeks after their second shot of a two-dose series.
- Masks are required and must be worn at all times, except while eating or drinking. Participants should bring their own masks.
- Participants will bring their own drinks & refreshments
- Hand sanitizer will be provided. Its use or frequent hand-washing is recommended.
- All in-person attendees will be asked to confirm that they can answer 'no' to all five questions on the Ontario COVID-19 screening questionnaire before each class/event. If participants cannot answer 'no', they should not attend.
- The RSCDS Hamilton Branch will keep a record of all attendees at each event.
- Even when precautionary measures are taken, participating in Scottish Country dancing – which necessarily requires rigorous physical activity and close contact with other persons – involves risk of serious physical injury and/or exposure to serious communicable diseases, including COVID-19.

*When choosing to attend SCD events, participants acknowledge and accept that risk.*

I acknowledge that I understand and accept the above policy.

Signature \_\_\_\_\_ Date \_\_\_\_\_

*Contact Information – please print:*

Name \_\_\_\_\_

Best phone number to contact you \_\_\_\_\_

Best email to contact you \_\_\_\_\_

---

FOR RSCDS HAMILTON BRANCH USE ONLY

Proof of vaccination verified by \_\_\_\_\_ Date \_\_\_\_\_

## Ontario COVID screening questions

There are 5 screening questions. If you cannot answer 'no' to all of them, please do not attend today's RSCDS Hamilton Branch event.

### 1. Are you currently experiencing any of the following symptoms?

Fever and/or chills

Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher

Cough or barking cough (croup)

Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, COPD, or other known causes or conditions you already have)

Shortness of breath

Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions you already have)

Decrease or loss of taste or smell

Not related to seasonal allergies, neurological disorders, or other known causes or conditions you already have

Muscle aches/joint pain

Unusual, long-lasting (not related to getting a COVID-19 vaccine in the last 48 hours, a sudden injury, fibromyalgia, or other known causes or conditions you already have)

Extreme tiredness

Unusual, fatigue, lack of energy (not related to getting a COVID-19 vaccine in the last 48 hours, depression, insomnia, thyroid dysfunction, or other known causes or conditions you already have)

### 2. In the last 10 days, have you been identified as a "close contact" of someone who currently has COVID-19?

If public health has advised you that you do not need to self-isolate, answer "No."

### 3. In the last 10 days, have you received a COVID Alert exposure notification on your cell phone?

If you already went for a PCR test and got a negative result, answer "No."

**4. Have you been in close physical contact (while not wearing the appropriate personal protective equipment) with someone who either:**

is sick with a new cough, fever, difficulty breathing, or other symptoms associated with COVID-19 in the last 10 days?

or

returned from outside of Canada in the last 14 days?

Close physical contact means any of the following:

- Being less than 2 metres away in the same room, workspace or area
- Living in the same home

If the person with symptoms got a COVID-19 vaccine in the last 48 hours and is experiencing mild fatigue, muscle aches, and/or joint pain that only began after vaccination, answer “No.”

**5. In the last 14 days, have you travelled outside of Canada?**

If exempt from federal quarantine requirements (for example, you are fully vaccinated and have met the specific conditions, or an essential worker who crosses the Canada-US border regularly for work), answer “No.”