

# COVID-19 RULES & INDEMNITY RELEASE

## What is COVID-19?

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact.

## Rules

The Club has put in place the following temporary rules for Club events to reduce the spread of COVID-19.

1. Stay home if you feel unwell (e.g. if you are experiencing a fever, shortness of breath, loss of sense of taste or smell, dry cough, runny nose or sore throat).
2. Maintain a distance of at least 1.5 metres, avoid unnecessary contact and avoid Kiai.
3. Practice good hygiene (wash your hands or use hand sanitizer regularly, cough or sneeze into your elbow or a tissue).
4. Participant numbers will be limited to 20 in the Union House Exercise Studio and 10 in the Irene Watson Room (including instructors). No spectators will be permitted.
5. Follow all signage and markings that direct flow of traffic, maintain distancing or prohibit access.
6. No more than 4 people may use a change room at any one time – you are encouraged to arrive dressed in your Karate uniform or training clothes.
7. You are encouraged to download the free COVID Safe App to assist contact tracing with COVID-19 infection.

## Agreement and Waiver

By signing this document:

- I agree to abide by the above rules, and any updated rules as notified on the Club's Facebook page ([www.facebook.com/aukarateclub](http://www.facebook.com/aukarateclub)) or website ([www.aukc.com.au](http://www.aukc.com.au)) or by direct email to me.
- I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by attending Club events and that such exposure or infection may result in personal injury, illness, permanent disability, or death.
- To the maximum extent permitted by law, I accept all risk of loss, liability, damage, injury, illness or death to any person or property, which may be suffered or caused in connection with my participation in Club events, however it may arise (including by negligence of the Club or its officers, members, instructors, volunteers, servants or agents) and I release and indemnify the Club and its officers, members, instructors, volunteers, servants and agents in relation to any such loss, liability, damage, injury, illness or death.
- I understand and agree that this release and indemnity applies, whether a COVID-19 infection occurs before, during, or after my participation in any Club event.

I have had sufficient opportunity to read the above terms, I fully understand them, I understand that I have given up substantial rights by signing below and I sign voluntarily.

<b>Full Name</b>	<input style="width: 100%;" type="text"/>		
<b>Email</b>	<input style="width: 100%;" type="text"/>	<b>Phone</b>	<input style="width: 100%;" type="text"/>
<b>Signature</b>	<input style="width: 100%;" type="text"/>	<b>Date</b>	<input style="width: 100%; text-align: center;" type="text" value=" / /"/>